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SCHOOL TACTICS
AND
MAZE RUNNING

Written by
C. WARD CRAMPTON, M. D.
EMANUEL HAUG
MONTAGUE GAMMON

Edited by
LUTHER HALSEY GULICK, M. D.
President American Physical Education Society; Director of Physical Training New York Public Schools

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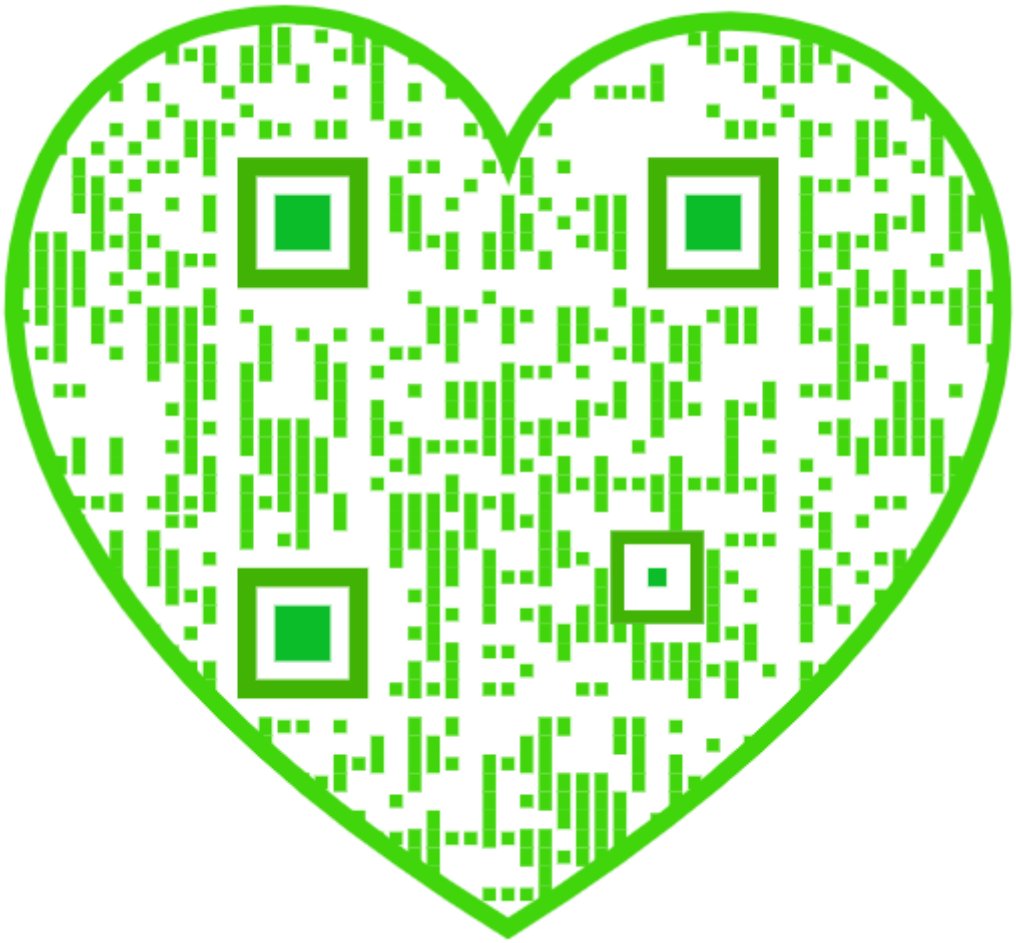

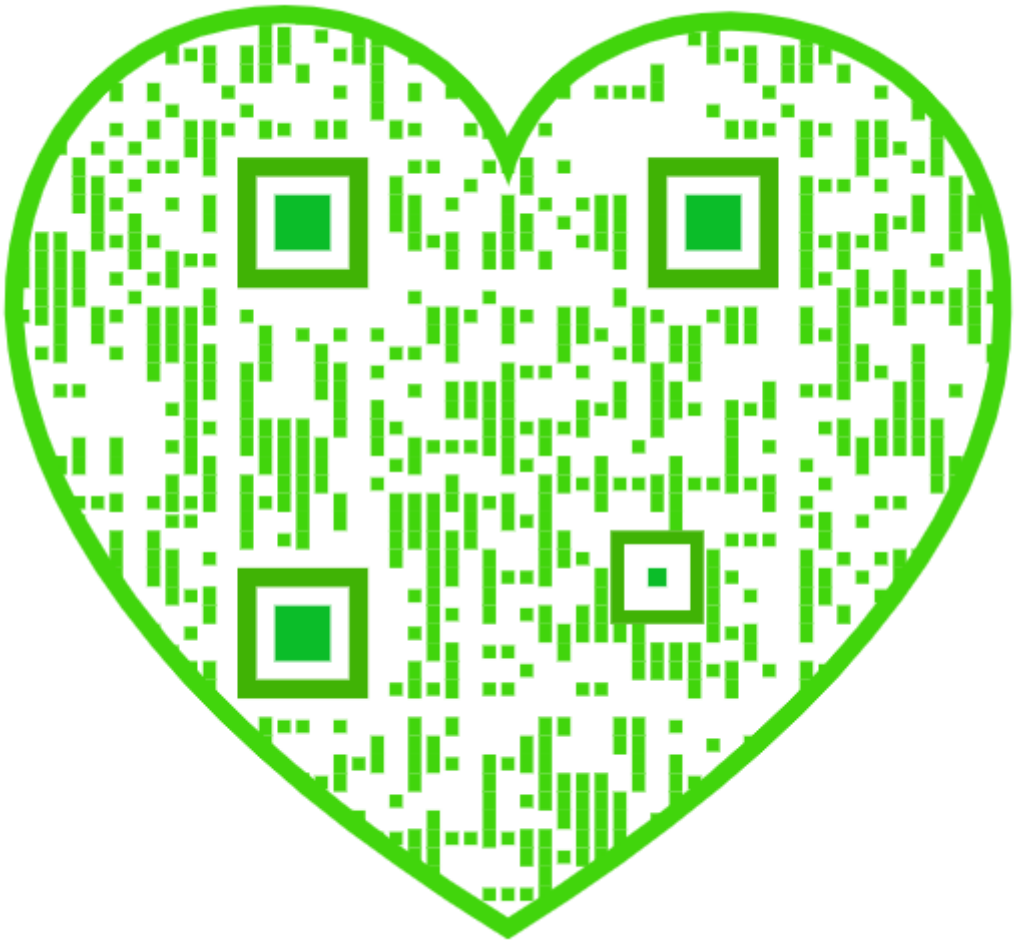

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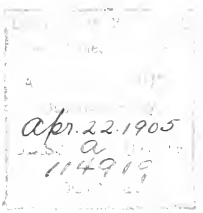

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PREFACE

It is almost necessary in any school system, that the system of marching be uniform throughout the different schools, otherwise when pupils go from one school to another there will be confusion, and discipline will be rendered difficult.

In any public school system it seems important that the tactics follow as closely as possible those of the United States Army, not because these are the best in all respects, but because many of the individuals will enter the different regiments later, as this is the most commonly accepted and generally understood form in America. It is thus most practicable, and as it seems possible to unite upon this, whereas it would not be possible to unite upon any system which represented the views of a special group of men, it seems necessary to have a separate manual, because a large fraction of the commands used in the army are unnecessary for use in gymnasiums, and there are a number of conditions to be met with in the gymnasiums for which adequate commands do not exist in the Infantry Manual.

The following manual has been prepared by men who are thoroughly familiar with their work, and who are daily doing that which they describe. The first part, called "Physical Training Tactics," written by Dr. C. Ward Crampton, of the High School of Commerce, New York, and Mr. Emanuel Haug, of the De Witt Clinton High School, New York, is intended particularly for high

school use. The second portion of the work, beginning with page 56, is written by Mr. Montague Gammon, and contains instructions which are peculiar to the conditions obtaining in elementary schools. The diagrams for maze running were prepared by Mr. Haug.

INTRODUCTION

Tactics are important to the gymnasium director as a means of managing classes, conducting physical training periods, and also for the educational discipline that lies in the prompt understanding and execution of orders.

The present work aims to be a convenient guide for the physical director, conducing to a uniform interpretation of commands in vogue, and tending eventually to a uniform method in tactics.

The commands and methods of execution of commands here presented are identical with the United States Military Tactics in so far as those tactics apply to gymnastic work. In many instances it has been found advisable to insert additional commands not found in the military code, and, in a few exceptional instances, a different method of execution is given, to meet the difference in aims between gymnastic and military work. Whenever any such change is suggested, the reasons are stated and the military method is immediately quoted for those who may wish to follow it unmodified.

It is thought that the manual, while not exhaustive, will meet the needs of instructors in schools that have students trained in military tactics as well as those of a less distinctively military character.

HISTORY OF TACTICS

Probably the earliest account of tactics is that from the Greeks. At the time of Alexander the Great, tactics for military purposes had been considerably developed. Accounts of formality of movement in bodies of troops are preserved and their effectiveness was apparently well demonstrated.

In mediæval times tactics were still a part of military usage, though the feudal system allowed of but little of the finish and accuracy of movement, with the involved discipline, which probably prevailed in the Greek and Roman periods.

From the advent of firearms, we find a progressive formalization of tactics down to the present day. In gymnastics tactics were developed as need required: Jahn in Germany at first used only the simplest words of command to a crowd of boys or a group of students out of doors, in the field, or in the old original Turnplaetze; Spiess, in developing school gymnastics, did much also for tactics. Ling in Sweden used the military tactics in vogue from 1810 to 1820, and adopted a considerable mass of tactics to gymnastic use.

In this country any and every kind is in vogue, from a mere rush for spots on the floor to the most exact military tactics. The situation of the present day is due to diversity of aims as well as diversity of origin. Some gymnastic directors wish only to get classes on the floor for work

and off again as quickly as possible, not regarding marching and formation as useful in themselves. Others realize the advantage of tactics for the cultivation of class feeling, posture, accuracy, etc., and devote more or less time to them. Others, where military tactics are demanded in the curriculum, are forced to use them; others, still, believe in tactics so highly for their undoubted benefits as to use them to a disproportionate degree.

With these points in view, the following classification of tactics is used here:

1. Simple preliminary tactics.
2. Class formation.
3. Tactics for purpose of exercise; maze runs.

INTRODUCTORY COMMANDS

METHOD OF GIVING COMMANDS.—There are two kinds of commands: the Preparatory Command, such as *Forward*, indicating the movement that is to be executed, and the Command of Execution, such as MARCH, HALT, and which causes the execution. Preparatory commands are printed in *Italics;* those of execution in CAPITALS.

"The preparatory command should be given at such interval of time before the command of execution as to admit of its being properly understood; the command of execution should be given at the *instant* the movement is to commence." (U. S. A.)

RHYTHMIC METHOD.—In giving commands it is often necessary to indicate the amount of time to be given to the execution of the command, if it is a single act, as: *In Place,* REST. And it is often necessary to indicate the rhythm with which a motion involving rhythm is to be executed, as in marching. This is accomplished by establishing the rhythm in the order, by leaving the same interval between the preparatory and the executive commands as is intended will be left between the executive command and the completion of the movement as:

In Place (interval one-half second), REST. (Interval one-half second.) Foot strikes the ground.

Forward (interval one-half second), MARCH. (Interval one-half second.) Left (one-half second); Right (one-half second); and so on.

DELAYED METHOD.—In this method the preparatory command is followed by a pause considerably longer than the rhythm would require. This conduces to the most perfect understanding of the order, fixes the attention by producing a nervous tension of expectancy and gains a more certain response. This method often brings back the flagging attention of a class.

The rhythmic method is the one that should be used habitually. A class does not have to be told about the method of command, but will naturally follow out any rhythm established in the order. All through gymnastics this principle can be used with effect.

"The tone of command is animated, distinct, and of a loudness proportioned to the number of men under instruction. Each preparatory command is pronounced in an ascending tone of voice, but always in such a manner that the command of execution may be more energetic and elevated. The command of execution is pronounced in a firm, brief tone." (U. S. A.)

VOICE.—The physical trainer must learn to use the voice correctly, or suffer from a disordered class, continued physical discomfort, and an occasional breakdown. This is not the place to go into details of voice training, as there are several good books obtainable on the subject. In outline, the important points are: 1, Correct position with high chest, giving increased breathing capacity and increased resonance; 2, Abdominal expiration completed before the chest expiration commences; 3, Tone placing, not in the throat, "in front of the brow, at a distance."

To insure the correct use of the voice the physical condition must be of the best. The teacher must always and

ever exemplify what he is teaching: correct position, accuracy, and decision of movement. The physical condition of the teacher will be mirrored in every movement of the class.

The teacher must cultivate a military feeling, a feeling of rhythm and of readiness, and the class will show the result. A mind full of the work in hand means the best results; preoccupation on the teacher's part will lead to a lazy and disordered class.

TEACHING.—Control of a class depends upon several factors: 1, a thorough knowledge of the work given, and the consequent confidence and respect of the class; 2, thorough exemplification of the gymnastic and military ideal in the teacher himself; 3, eternal vigilance and strictest discipline, setting a mark for discipline and never allowing a departure from it, "meaning business" all the time and "keeping at it"; 4, correct methods of teaching: *a*, get order and maintain it, even at the price of delay in teaching; nothing can be done without "100 per cent. order"; *b*, do not present too much at one time; *c*, show the work and explain it briefly; do not point out any difficulties until they actually arise; *d*, explain fully how the work is to be done on the command, and the rate at which it is to be done; *e*, try the movement once or twice, then correct class or individuals and combat difficulties as they arise; *f*, repeat until the movement is as perfect as could reasonably be expected of the class at its stage of training; Do not drop it half learned in the endeavor to maintain interest by giving something new. Make the thing interesting by rest, and, during rest, an explanation of the movement and interesting facts, military or otherwise,

associated with it. The following extract from "The Military Tactics" is of value: "The instructor explains each movement in as few words as possible, at the same time executing it himself. He requires the recruits to take by themselves the proper positions and does not touch them for the purpose of correcting them, except when they are unable to correct themselves; he avoids keeping them too long at the same movement, although each should be understood before passing to another. He exacts by degrees the desired precision and uniformity. When the execution of a movement is improperly begun and the instructor wishes to begin it anew for the purpose of correcting it he commands: *As you were*, at which the movement ceases and the former position is resumed." (U. S. A.)

Definitions.

Alignment—A straight line upon which several men or bodies of men are formed.

Column—A formation in which the elements are placed one behind another.

Depth—The space from head to rear of any formation.

Distance—Space in the direction of depth.

Echelon—In the order in echelon the individuals or units are placed one behind another, extending beyond or unmasking one another wholly or in part.

Facing Distance—Fourteen inches.

File—Two men, a front rank man and the corresponding man in the rear rank.

Flank—The right or left of a command in line or column.

Interval—Space between the elements in the same line.

Pace—Thirty inches, the length of a full step in quick time.

Rank—A line of men placed side by side.

Following practically the order in which a teacher would put into use his commands with an untaught class, the following manœuvres are given: 1, the name of the manœuvre; 2, the command; 3, the description and comment:

ATTENTION.—*Class*, ATTENTION. "Each individual stands firm in position."

POSITION.—"Heels on the same line, as near each other as the conformation of the land permits. Feet turned out equally and forming with each other an angle of about 60 degrees. [See note below.] Knees straight without stiffness. Body erect on the hips, inclining a little forward. Shoulders square and falling equally. Arms and hands hanging naturally, backs of the hands outward, little fingers opposite the seams of the trousers, elbows near the body. Head erect, square to the front, chin slightly drawn in without constraint, eyes straight to the front." (U. S. A.)

NOTE. For gymnastic purposes, and perhaps for all purposes, it is better not to have the toes turned out 60 degrees, but to decrease the angle to 30 degrees or below, approaching the more hygienic "straight foot."

The order *shoulders back* should very seldom be given to an individual, and never to a class, as it results in throwing the head and abdomen forward. The position is better corrected by the command *raise chest*. The correct position of shoulders can be attained by insisting upon the weight being forward upon the balls of the feet. The body should swing forward from the ankles, and not from

the hips, as the above quoted description might be construed to indicate. The position as usually taken by the untrained is faulty and poor as regards the position of the *head* and the distribution of the *weight* and can be corrected mainly by attention to these points.

When attention is gained, the class standing in dispersed order in silence, the following command is given: *Class*, FALL IN. (Indicating place and position between preparatory and executive order, if necessary.)

"The instructor requires the recruits to place the palm of the left hand upon the hip, below the belt when worn; he then places them on the same line, so that the right arm of each man rests lightly against the left elbow of the man next on his right, and then directs the left hand to be replaced by the side. The men thus find themselves with an interval that allows for a free movement of the arms. When the recruits have learned how to take their places, they are required to assemble without assistance on the command—*fall in*. They assemble rapidly, as above prescribed, at *attention*, each man dropping the left hand as soon as the man next on his left has his interval." (U. S. A.)

If arrangement as to size is desired (as should always be the case), directions to that effect should be given with the preparatory order. The largest should be on the right flank.

PREFERRED METHOD.—Have the left arm slightly bent, by raising the hand only three inches, thus giving room enough for all necessary manœuvres without crowding. This method is advocated for general use in schools.

DRESS.

Right, DRESS; FRONT.

Turn the head to the right, the shoulders remaining square and at equal height. Observe with the left eye the line, and shift the position of the feet so that the chest will be on a line with the neighboring two pupils on the right. The left hand should be raised three inches, bending the elbow slightly; in this position move to the right until the right arm touches the neighbor's elbow.

Caution:—Keep the head erect, shoulders on a line, not twisted; the body must be adjusted by moving the feet and so maintaining the correct position, and not by shifting the weight of the body backward or forward which would destroy the equilibrium.

NOTE—1. Military dress, with palm raised to waist, gives greater interval.

2. Dress can be made to center or to any designated man of rank.

RESTS.

In place, REST. *Class*, ATTENTION.

The right foot is moved 6 inches straight to the rear and turned slightly outward from the straight foot position, the weight being held evenly on both feet. Place the left hand in the right behind the body with the arms and the knees straight.

Class, AT EASE. *Class*, ATTENTION.

"Keep one heel in place, and preserve silence but not immobility." (U. S. A.)

(NOTE—*Parade*, REST is not given, as the arms are placed in this position in front of the chest.)

FACING.

Right, FACE.

"Slightly raise the left heel and right toe and face to the right, turning on the right heel assisted by a slight pressure on the ball of the left foot; Left face is executed upon the left heel." (U. S. A.)

About, FACE.

"Executed on the *right* heel. Raise slightly the left heel and right toe, face to the rear, turning to the right on the right heel and the ball of the left foot; replace the left foot beside the right." (U. S. A.)

MARKING TIME.

Mark time, MARCH.

Start with the left foot and make a semblance of marching, without gaining ground, by alternately advancing each foot about one-half its length and bringing it back on a line with the other.

Class, HALT.

The executive command is given when the left foot is returned to place, it remains there, and the right foot finishes the step, closing to the left.

FACING WHILE MARKING TIME.

Right, FACE.

The preparatory command is given when the right foot strikes the ground; the left foot takes another step, and the executive command is given when the right foot strikes the ground again. The left foot is advanced, returns to place and the turn is made upon it while the right foot is in the air.

COUNTING OFF WHILE IN LINE AT A HALT.

Count off twos (3-4-6-8), COUNT.

This should start from the right flank. Each man should turn his head as he speaks his number toward his neighbor on the left and immediately bring his head again to the front.

Count off, Running order, COUNT. Count up to total number in class.

MARCHING FROM PLACE.

Forward, MARCH. *Class*, HALT.

"The length of the full step in quick or regular time is thirty inches, measured from heel to heel, and the cadence is at the rate of 120 steps per minute.

At the command *forward*, throw the weight of the body upon the right leg, left knee straight. At the command *march*, move the left leg smartly but without jerk, straight forward 30 inches from the right, measuring from heel to heel, sole near the ground; straighten and turn the knee slightly out; at the same time throw the weight of the body forward and plant the foot without shock, weight of body resting upon it; next, in like manner, advance the right foot and plant it as above; continue march." (U. S. A.)

NOTE. To secure quick and uniform starting, and obviate the lagging that is always shown by a new class, it is advisable to use the following preliminary orders in rank and column until considerable facility is gained.

One step forward. MARCH.

Take one step forward with the left foot; close with the right foot. It is often an assistance to a correct idea of length to pace to insist that the left foot on this order

take the place vacated by the left foot of the student in front (while in single file).

Two steps forward, MARCH.

This can be given in a similar way. The distance between students is easily regulated by having them march with the elbow bent at the hip and the forearm and fingers stretching forward, just touching the elbow of the student in front.

VARIATIONS IN MARCHING.

Short step, MARCH.

Take steps of 15 inches. If, while marching in double time, 18 inches.

Side step right, MARCH.

Carry the right foot 12 inches to the right, keeping knees straight and shoulders square to the front; as soon as the right foot is planted, bring the left foot to the side of it; continue the movement, observing the cadence for each foot.

Backward, MARCH. (From a halt.)

Step backward with the left foot 15 inches to the rear, measuring from heel to heel, then with the right, and so on, the feet alternating. At the command *halt*, bring back the foot in front to the side of the one in the rear.

Forward, Double time, MARCH. (From a halt, marking time or marching.)

"At the command *forward*, throw the weight of the body on the right leg; at the command MARCH, raise the hands till the forearms are horizontal, fingers closed, nails toward the body, elbows to the rear; carry forward the left foot, knee slightly bent and somewhat raised, and plant the foot

36 inches from the right; then execute the same motion with the right foot; continue this alternate movement of the feet, throwing the weight of the body forward and allowing a natural swinging motion to the arms." (U. S. A.)

TO HALT.

From Quick Time.

Class, Halt.

At the command *halt*, given as either foot is coming to the floor, advance the other foot one step; the first is then brought up and planted without shock by the side of the other.

From Double Time.

Class, Halt.

Give the command *halt*, when the left foot strikes the ground; take another step forward with the right foot, then with the left foot, and close right foot to left.

MARCHING FROM PLACE AND CHANGING DIRECTION.

From a *halt*.

By the right flank, March.

At the command *march*, turn 90 deg. to the right, stepping off immediately with the left foot without closing it to the right.

Left oblique, March.

Executed as above, with turn of 45 degrees.

To the rear, March.

Executed as above, with turn of 180 degrees. Always made to the right.

CHANGE OF DIRECTION WHILE MARCHING.

By the right flank, MARCH.

At the command *march*, given as the right foot strikes the ground, advance the left foot, turn to the right on the ball of the left foot and take a step in the new direction with the right foot.

To the right oblique, MARCH.

Executed as the previous movement, the change of direction being 45 degrees.

To the rear, MARCH.

"At the command *march*, given as the right foot strikes the ground, advance and plant the left foot; then turn on the balls of both feet, face to the right-about and immediately step off with the left foot.

"If marching in double time, turn to the right-about and take four short steps in place, keeping the cadence, and then step off in the new direction with the left foot." (U. S. A.)

Backward, MARCH.

The command *march* is given when the left foot strikes the ground; the right foot finishes the step forward, the left foot is then raised backward and planted in the same spot; the right foot then takes a place fifteen inches back of it; the movement is continued, alternating with steps of fifteen inches.

MARCHING IN SINGLE FILE.

1. To change direction of march and maintain column.

Column right, MARCH.

The command *march* should be given as the right foot of the leader strikes the ground; the left is then advanced

and a turn of 90 degrees is made on the ball of the left foot, the right taking the first step in the new direction. In the corners of the gymnasium this should be taken without command.

2. *Column half right*, MARCH.

Executed as the previous movement, the change of direction being 45 degrees.

3. *Countermarch right*, MARCH.

The leader turns 180 degrees to the right in a half circle with four steps, the others follow.

4. Marching in column, counted off in fours, to march in column of two or four, and continue in the same direction.

Form twos, right oblique, MARCH.

At the command *march*, Numbers 1 and 3 mark time till Numbers 2 and 4, respectively, oblique to their sides, when the march is resumed by twos.

4b. *Form fours, right oblique*, MARCH.

Number 1 marks time till Numbers 2, 3, and 4 have obliqued to his side, when the march is resumed by fours. A column of fours, from column of twos, is formed in a similar manner.

5. Marching in column, to march to the flank in line.

By the right flank, MARCH.

Each member of the line executes the order *by the right flank, march*, as given. The line guides to the left.

GUIDING—The man on the end of the line on which the guide is made marches straight to the front. The men preserve their intervals, toward the guide, yielding to pressure on that side and resisting pressure from the oppo-

site direction. While habitually keeping the head to the front they may occasionally glance toward the side of the guide to preserve alignment and intervals. The head is turned as little as possible for this purpose.

Guiding can be made on right or left flank, center, or on any designated member of the line.

6. To form column of fours proceeding to the side. (See cut No. 10.)

By the right flank, form fours, MARCH.

At the command *march* the first four execute a right flank and step off in the new direction, the next four continue to march till they can execute the right flank on the same ground as the first four have done, when they execute the right flank and follow the first four.

7. *To the right oblique.* MARCH.

Each individual executes a turn of 45 degrees and continues in the new direction, preserving the line.

STANDING IN LINE.

1. To march to the flank in column.

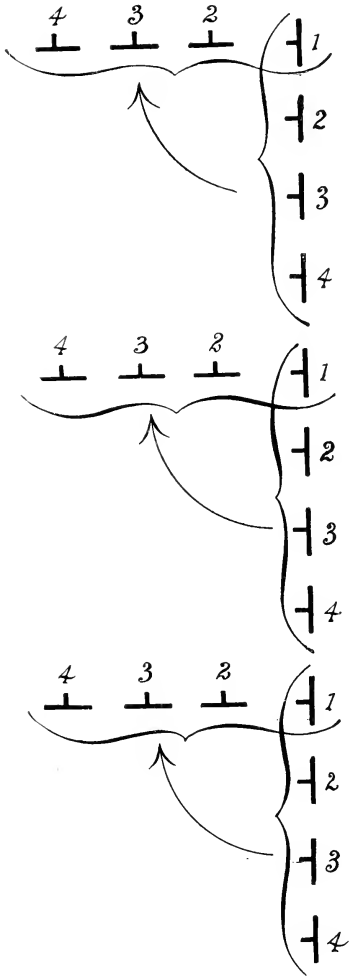
By the right flank, MARCH.

On the command *march*, turn to the right on the right heel and the ball of the left foot and instantly step forward with the left foot.

2. To march by the flank in column of fours. (See cut No. 1.)

Fours right, MARCH.

"At the command *march*, each four wheels 90 degrees to the right on a fixed pivot, the pivot man turning strictly in his place; the man on the marching flank maintains the full step, moving on the arc of a circle with the pivot man as the center; the men dress on the marching flank, shorten their steps according to their distance from it, and keep their intervals from the pivot." Having executed the quarter-turn the column of fours thus formed marches forward.



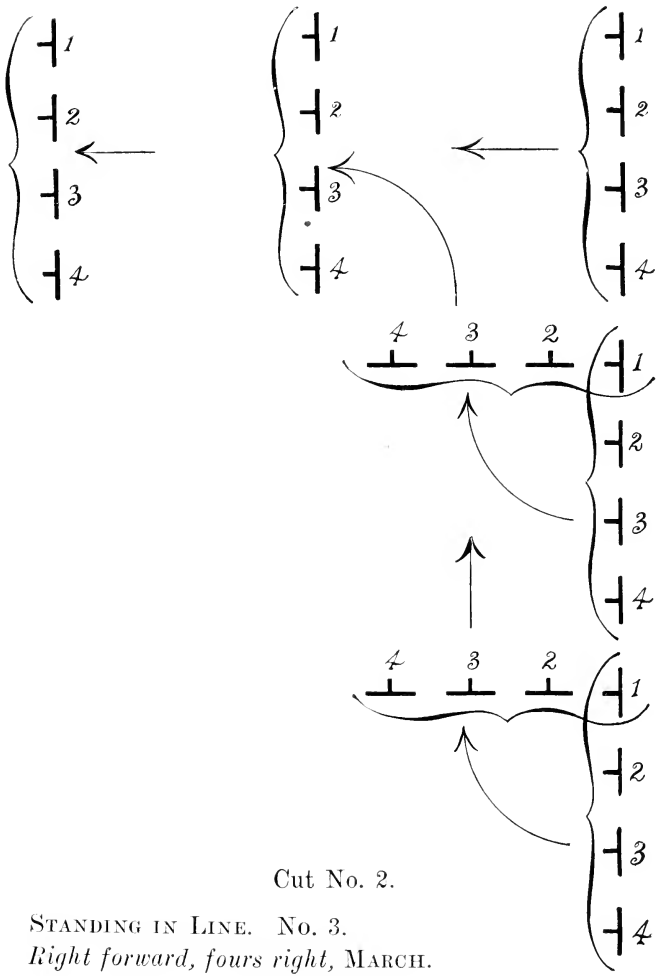
Cut No. 1.

STANDING IN LINE. No. 2.
Fours right, MARCH.

3. To march to the front in column of fours. (See cut No. 2.)

Right forward, fours right, MARCH.

"At the command *march*, the right four moves straight to the front, shortening the first three or four steps, the other fours wheel to the right, each on a fixed pivot; the second four, when its wheel is two-thirds completed, wheels to the left on a movable pivot and follows the first, the other fours, having wheeled to the right move forward, and each wheels to the left on a movable pivot, so as to follow the second."



Cut No. 2.

STANDING IN LINE. No. 3.
Right forward, fours right, MARCH.

4. To turn and form a line in a new direction at a halt. (See cut No. 3.)

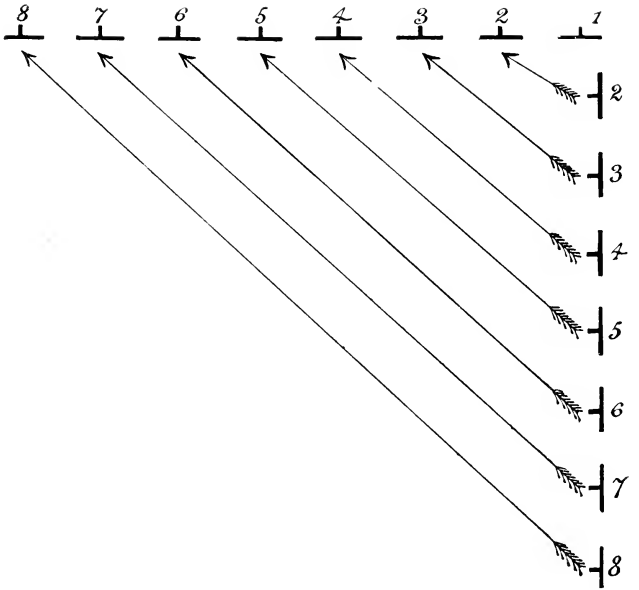
Company right, MARCH.

"The man on the right faces to the right. The others half face to the right and, marching with a regular step, place themselves successively on the alignment established by the man on the right; all dress to the right without command. The instructor verifies the alignment from the pivot flank and commands *front*."

5. To turn and form a line in a new direction and march in that direction.

Right turn, MARCH, *Forward*, MARCH.

At the command *march* the man on the right flank marches to the right flank by short steps, the other men half face to the right and moving by the shortest route place themselves on the new line when they take up a ***short*** step. As soon as the men have arrived on the line, the instructor commands: *Forward*, MARCH, and the full step is taken up.



Cut No. 3.

STANDING IN LINE. No. 4.
Company right, MARCH.

MARCHING IN LINE.

1. To march in column to either flank.

By the right flank, MARCH.

Each man executes a right flank and marches to the right.

2. To form column of fours, new direction.

Fours right, MARCH.

Executed as *fours right* when standing in line.

3. To march to the front in column of fours.

Right forward, fours right, MARCH.

Executed as from the standing position.

4. To turn and march to the rear.

(*a*) *To the rear*, MARCH.

Each man executes a rear march.

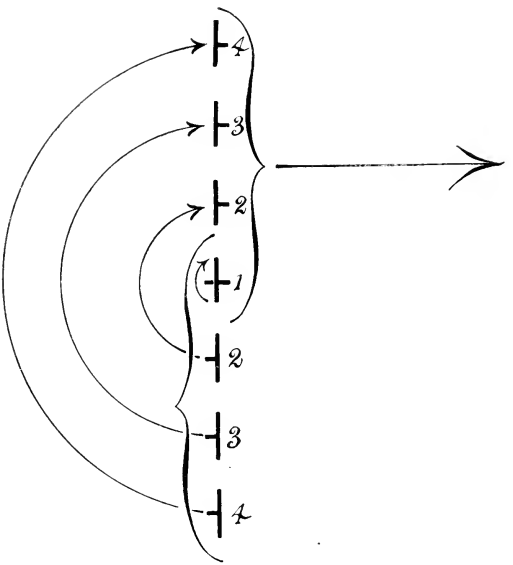
(*b*) *Fours right about*, MARCH. (See cut No. 4.)

Each four executes a turn of 180 degrees on a fixed pivot and simultaneously arriving in line marches forward.

5. To wheel and regain same line (for practice in wheeling).

Fours right wheel, MARCH.

Fours wheel to the right, as in *fours right*, through a complete circle and continue wheeling until the order *halt*.



Cut No. 4.

MARCHING IN LINE. No. 4*b*.
Fours right about, MARCH.

MARCHING IN COLUMN OF FOURS.

1. To change direction of column.

(*a*) *Column right*, MARCH.

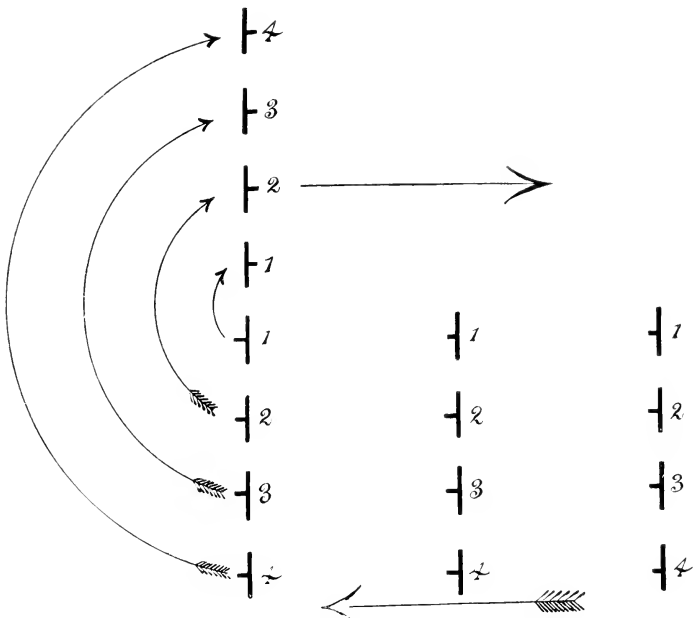
At the command *march* the leading rank of fours wheels 90 degrees to the right on a movable pivot, who takes steps of ten inches in quick time, and twelve inches in double time, gaining ground forward so as to clear the wheeling point. The man on the marching flank maintains the full step, moving on the arc of a circle with the pivot man as the center, the men dress on the marching flank, shorten their steps according to the distance from it and keep their intervals from the pivot. Upon the completion of the wheel the leading four resumes the full step and succeeding fours wheel in the same manner at the same spot.

(*b*) *Column half right*, MARCH.

Executed in a similar manner with a turn of 45 degrees.

(*c*) *Countermarch right*, MARCH. (See cut No. 5.)

Executed as above with a turn of 180 degrees.



Cut No. 5.

MARCHING IN COLUMN OF FOURS. No. 1*c*.
Countermarch, right, MARCH.

2. To march by the flank in line. (See cut No. 6.)

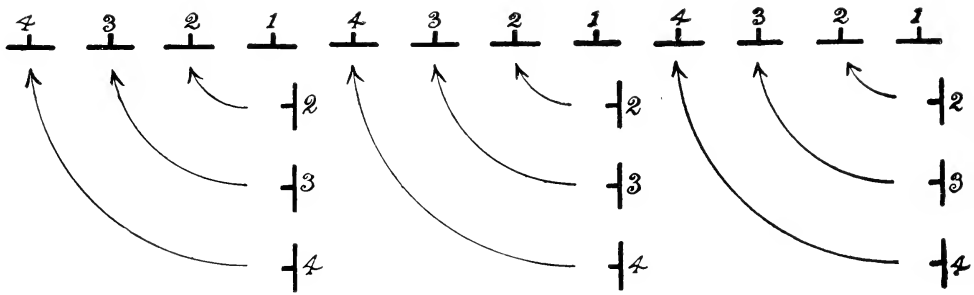
Fours right, MARCH.

At the command *march* each four wheels to the right 90 degrees, forming a line and marching forward in the new direction guiding to the left.

3. To march to the rear in column of fours, reversing the marching order.

Fours right about, MARCH.

On the command *march*, fours wheel to the right, executing a turn of 180 degrees, and continue marching in the new direction in column of fours.



Cut No. 6.

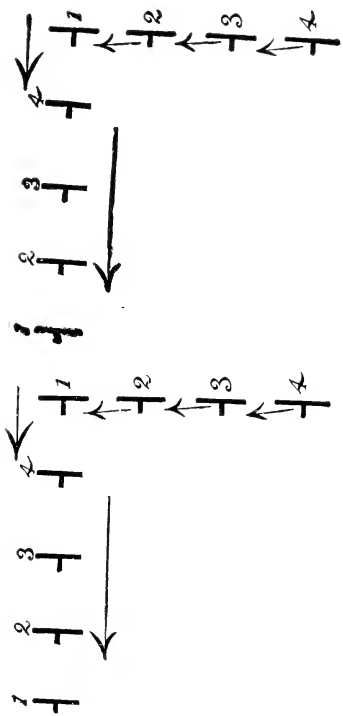
MARCHING IN COLUMN OF FOURS. No. 2.
Fours right, MARCH.

4. To form right into single file. (See cut No. 7.)

Right by file, MARCH.

At the command *march*, the first man moves forward, the others execute a turn of 45 degrees to the right, march obliquely, falling in behind the first man in single file.

Single file from column of twos is similarly executed.



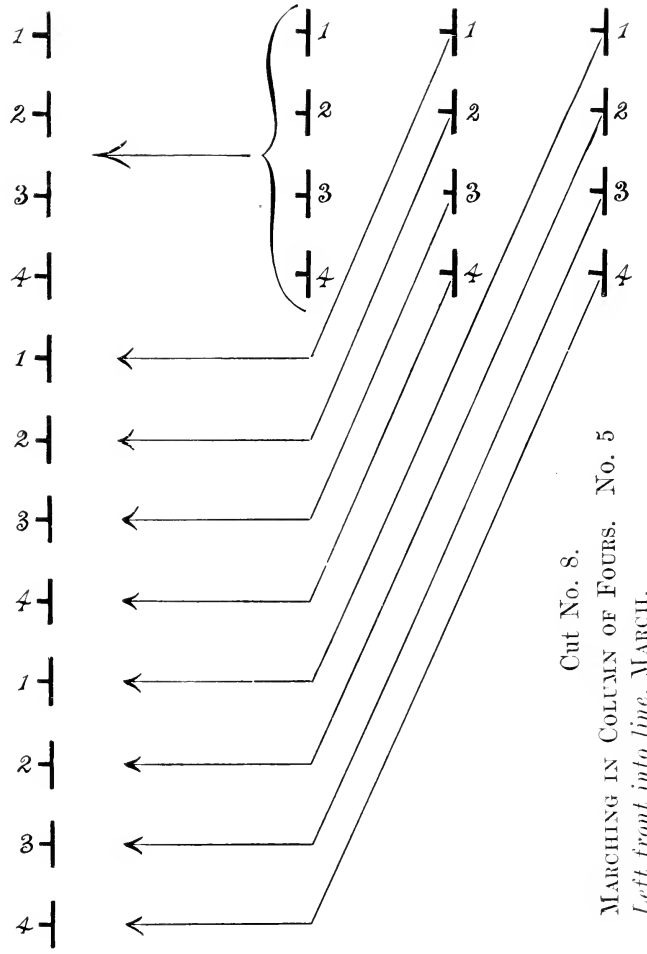
Cut No. 7.

MARCHING IN COLUMN OF FOURS. No. 4.
Right, by file, MARCH.

5. To form a line without change of direction. (See cut No. 8.)

Right front into line, MARCH.

At the command *march* the leading four moves straight to the front, dressing to the left; the other fours oblique to the right until opposite their place in line, when each marches to the front.



Cut No. 8.

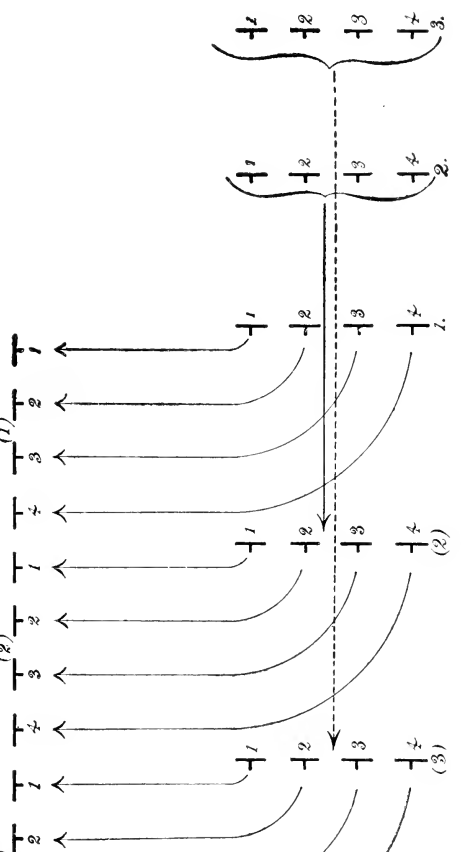
MARCHING IN COLUMN OF FOURS. No. 5
Left front into line, MARCH.

6. To form a line with change of direction. (See cut No. 9.)

On right into line, MARCH.

At the command *march*, the leading four wheels to the right on a movable pivot and moves forward, dressing to the right; each of the other fours marches a distance equal to its front beyond the wheeling point of the next four proceeding, wheels to the right and advances as explained for the first four.

Marching in twos, three, fours, fives, sixes, eights, etc., the evolutions are executed in a similar manner.



Cut No. 9.

MARCHING IN COLUMN OF FOURS. No. 6.
On right into line, MARCH.

CLASS FORMATION.

Class formations made directly from line present the quickest method of forming for class work, and may be used successfully with a small class standing along one side, preferably the short side of the gymnasium. These methods cannot well be used with a large class in a small gymnasium, for if the line be too long, the front of the class will be too broad to be commanded and taught effectively by the instructor; and if he takes his place on one flank with the class facing him, the depth will be too great.

If the classes line up in two lines on opposite sides of the gymnasium, facing the center, or if the two lines are facing the same way, a sufficient distance apart, twice the number can be handled by these very quick methods.

The line is supposed to be counted off in fours.

OPENING ORDER FROM A LINE (FRONT RANK).

1. To open order in echelon preserving direction.

Front take distance, MARCH, *Class*, HALT.

"Number one of each four marches straight to the front, Number two marches off as soon as Number one has advanced the specified number of steps (two paces), Numbers three and four move off in succession in like manner. The proper distance being attained, *Class*, HALT, is given." (U. S. A.)

NOTE—The above strictly military method may well be varied. It is simpler to assign a number of steps to Numbers one, two, three, say six, four and two steps, respectively, Number four standing in place, and the others start at once at command of MARCH. If space is wanting,

three, two, and one steps may be taken; if considerable space is available, and bar bells or indian clubs are to be used, the intervals should be increased.

(*a*). *To form line from above formation.*

Assemble, MARCH.

Number one stands in place, the other men move forward and close to their proper places in the line.

2. To open order backward or forward forming two lines at double distance.

Even numbers one step backward, odd numbers one step forward, MARCH. This may be varied.

3. To open order after forming column of fours with change of direction

Fours right, MARCH.

This forms column of fours, from which any of the methods of class order from that formation may be obtained. (See Opening Order from Column of Fours.)

4. To open order after forming column of fours in *same* direction

Right forward, fours right, MARCH.

Forming column of fours in same direction (See Opening Order from Column of Fours).

5. To open order after forming single file.

Right, FACE.

Forming column at a halt. (For formation, see Opening Order from Single File.)

6. To open order after forming in marching column of files

By the right flank, MARCH.

Forming single file marching in new direction. (See formations under "Opening Order from Single File.")

OPENING ORDER FROM SINGLE FILE.

1. Opening order short distance to right and left forming two columns at double distance

Even numbers to right, odd numbers to left, two steps, MARCH.

2. Opening order to right, preserving direction by side step.

Number four stands, number three two steps, number two four steps, number one six steps sideways right, MARCH.

3. Opening order to the right forming echelon facing right

By the right flank number two two steps, number three four steps, number four six steps, MARCH. Number one faces to the right and stands fast, the other numbers face and march to the right as directed and halt.

4. To open order after forming column of fours marching in same direction.

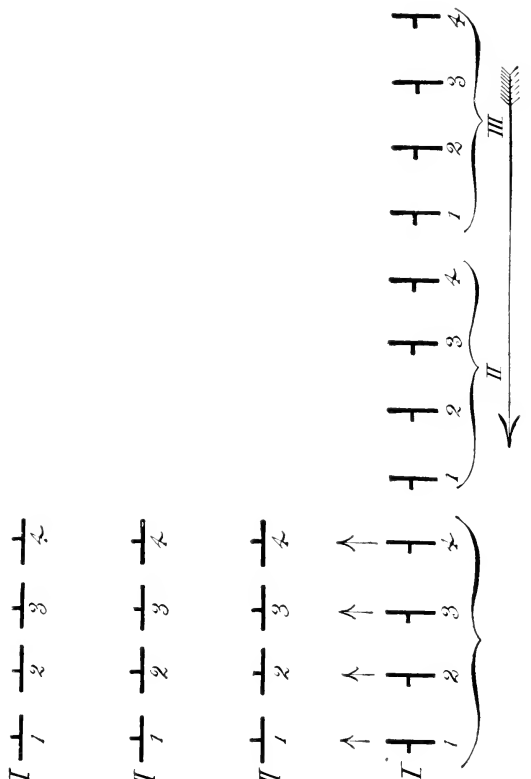
Form fours, right oblique, MARCH. (For formation see Opening Order from Column of Fours.)

5. To open order after forming column of fours marching in new direction

By the right flank form fours, MARCH. (See cut No. 10.)

The first four executes "by the right flank" and marches forward, the others follow and execute "by the right flank" on the place where the first four turned and follow them.

NOTE. It is a great saving of time as well as an effective movement to give a command to open orders to the fours as soon as formed, when they come up the floor in open order and can be halted at will.



Cut No. 10.

OPENING ORDER FROM SINGLE FILE. No. 5.
By the right flank form fours, MARCH.

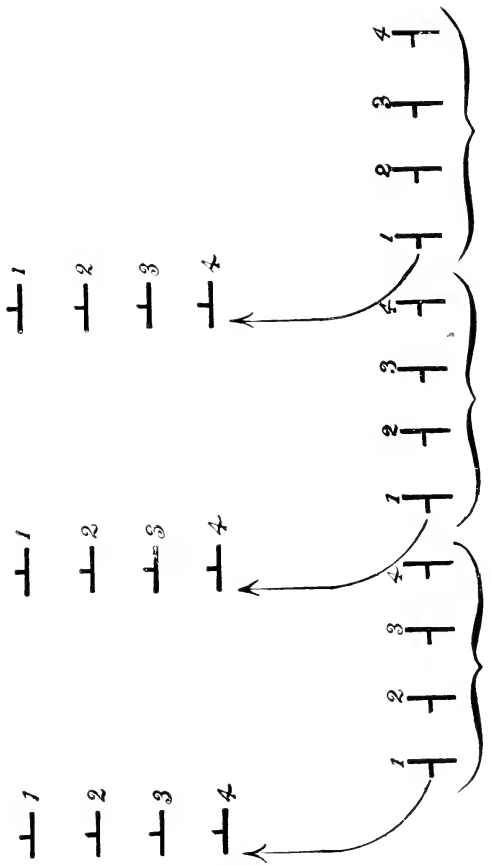
6. To open order by forming columns of fours and marching in new direction. (See cut No. 11.)

Fours column right, MARCH.

Number one turns to the right and leads his four to the right. From this formation (which also can be obtained by giving the command: *By the right flank*, MARCH, to a column of fours) the following methods of opening order can be used:

(*a*) Give separate order HALT for number four first, then numbers three, two, and one, in order, when the class has marched a sufficient distance forward.

(*b*) Command HALT. Then open order sideways or forward by any method desired.



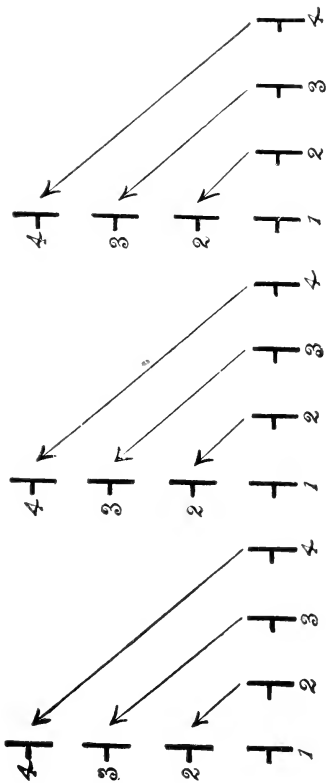
Cut No. 11.

OPENING ORDER FROM SINGLE FILE. No. 6.
Fours, column right, MARCH.

7. To open ranks to the right in fours. (See cut No. 12.)

Fours open ranks right obliquely forward, arms length distance, MARCH.

On command MARCH, number one stands fast, the others oblique to the right, number four being furthest out, until all are even with number one and at arms' length distance from each other facing to the front.



Cut No. 12.

OPENING ORDER FROM SINGLE FILE. No. 7.

Fours open ranks obliquely, forward, arms length distance, MARCH.

OPENING ORDER FROM COLUMN OF FOURS.

1. To open order to one side.

(*a*) *To the right take intervals,* MARCH.

"At the command march, the man at the left flank stands fast; the other men face to the right and step off, each man halting faced to the front when he has the proper interval." (U. S. A.) (The proper military interval is two paces, "four paces when armed.")

To regain column of fours.

(*a*) *To the left assemble,* MARCH.

"The man on the left flank stands fast, the others close, reversing the previous formation." (U. S. A.)

2. To open order to both sides.

(*a*) *Open order from center double arms' length distance,* MARCH.

Numbers one and two side step to the right, numbers three and four to the left, raising both arms. When hands do not touch neighbors' hands, stand and drop arms to the side.

3. To open order to both sides by encircling.

(*a*) *By encircling rear numbers two and three six steps open order,* MARCH.

Numbers one and four remain standing. Number two faces three-eighths turn to the right, number three three-eighths turn to the left, and in six steps passing rear form to the side of numbers one and four, respectively, in a straight line. This can also be done with one-eighth turn, passing to the front, by the command—*By encircling front,* etc.

4. To open order to the front.

Front take distance, MARCH.

Or other methods mentioned under "Opening order from line."

TRANSFORMATIONS.

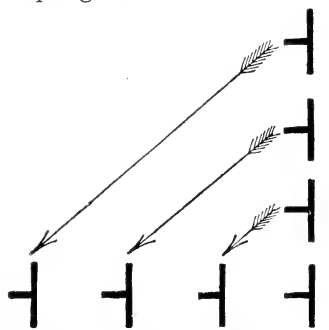
Changing from Line to Column and from Column to Line.

In addition to the regular military tactics, there are many ways of transforming the rank and file for educational and exhibition work.

These tactics are not based on the military code, but are nevertheless useful for gymnastic purposes. Under this heading we make the following subdivisions: From a line or column, transformations by

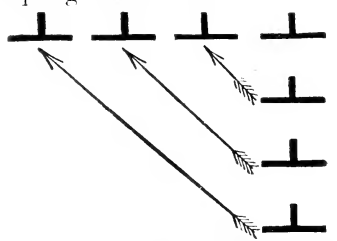
1. Obliquing.
2. Following.
3. Right angles.
4. Evading.
5. Encircling.

1. (a) By obliquing from a line.

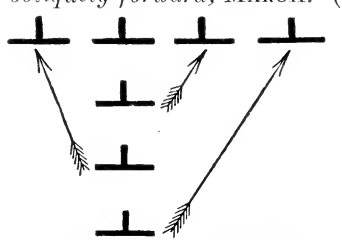


Form left obliquely forward, MARCH. (Four counts.)
This can also be executed to rear.

(b) By obliquing from column.

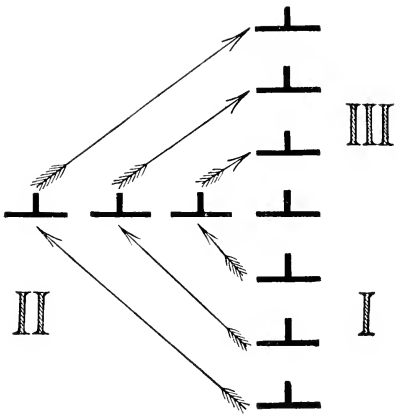


Form to left obliquely forward, MARCH. (Four counts.)



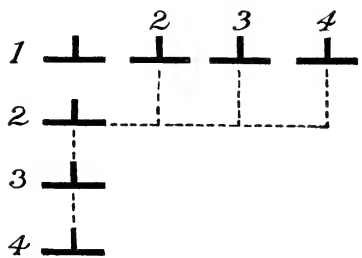
(c) *Form to right and left alternately obliquely forward,* MARCH. (Four counts.)

Combinations:



(a) *Form to the left obliquely forward and form right in front obliquely forward*, MARCH. (Eight counts.)

2 (a) With following. (From column.)

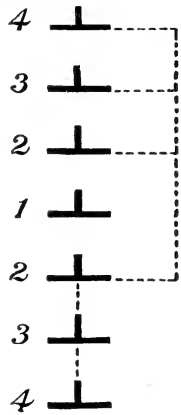


Form to the right forward following, MARCH.

Number one remains standing, number two executes right face marches one step forward, executes left face, takes one step forward, and forms to the right of number

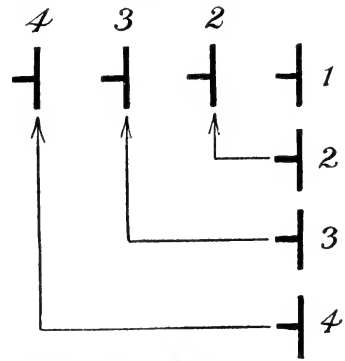
one. Number three follows number two, taking one step more in direction of first turn and then forms next to number two. Number four adds one step in each direction.

(b) *Form in front passing right, following,* MARCH.



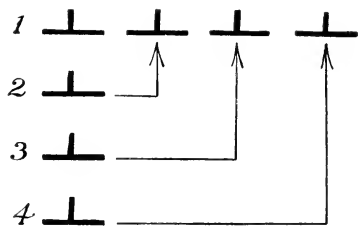
Number one remains standing. Numbers two, three and four proceed as above.

3. By right angles from line.



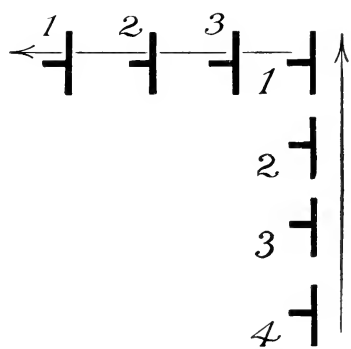
(a) *Form right in front at right angles,* MARCH.

Number one remains standing. Numbers two, three and four take as many steps forward as they are number in line, execute right face, and with the same number of steps forward again and a left face form in front of number one. (Eight counts.)



(b) *Form to the right forward at right angles,* MARCH.

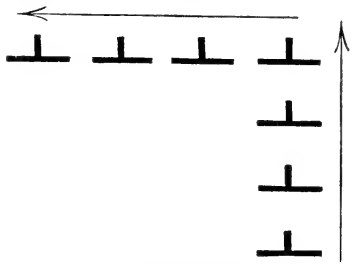
4. (a) By evading from line.



Form right in rear closing step evading forward, MARCH.

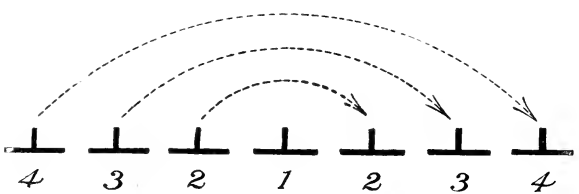
Number one steps forward three steps. Number two steps right sideways, closes left, then takes another step right sideways and steps forward in direction of number one with left foot. Others follow, all beginning with right foot.

(b) By evading from column.



Form to right forward evading left sideways. Cross-step, MARCH. All begin with left foot.

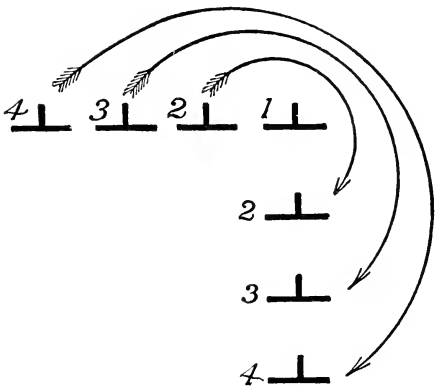
5. (a) By encircling from line forming line.



Form to right by encircling front, MARCH.

Number one remains standing, numbers two, three and four execute an eighth turn right and in a semicircle form to the right of number one. On arriving at place they face three-eighths face left to a line on the ball of the right foot, closing with left foot. All begin with left foot.

(b) By encircling from line to a column.



Form right in rear encircling front, MARCH.

Number one remains standing, number two, three, four execute an eighth turn right and in arc encircle number one, passing front, form in rear of number one and face as number one.

CLASS FORMATIONS FOR ELEMENTARY SCHOOLS

Class formation in the elementary schools is a distinct problem on account of the supreme importance of saving time. Every moment is needed for the gymnastic lesson proper. On this score all formations based on "counting off" are debarred. Where the usual number of absentees is not large enough to make it objectionable, permanent numbers may be assigned, and the simpler of the formations already described used.

As variety, rather than uniformity, is desirable, the methods here given are intended to be merely suggestive. Conditions vary greatly, and each case must be considered on its own merits. The way that is most direct and effective, under the special conditions, is the one to be chosen. The chief considerations are: Number and age of pupils; shape and size of the room; location and number of apparatus racks; location of entrances. Attention to these and other details may reveal some plan that is particularly well adapted to each school.

There should be at least two racks for apparatus, one on each side of the entrance to the gymnasium. These should be unlocked for the entire period in each half-day session in which the gymnasium is in use.

"Sizing" should be accomplished as line places are taken in the classroom (when no change of costume is made), or upon the command FALL IN, when pupils assemble in the gymnasium. It is frequently possible to take advantage of

the existence of "sized" rows of pupils as they sit in the classroom, as for Formations 2 and 6. (See below.)

Double rank is preferred as being speedier and giving a shorter line to oversee. It is necessary to use the single file formation in case there is only one apparatus rack. Apparatus should be taken from, and returned to, the *last,* not the first, place in the rack that the pupil passes. The lines should be reversed in leaving the gymnasium, so that each piece of apparatus may be returned to its own place. This is imperative only when the pieces of apparatus vary in size. Apparatus should be carried in a designated noiseless way until the instant of being returned quietly to place. Where there is but one rack, the distribution of some apparatus, as wands or bar bells, may be facilitated by supplying several monitors to hand them out as the class marches to place.

The marching in hallways and on stairs is a part of the lesson, and should be as perfect as possible.

The formal commands may be omitted, and the process of going upon the floor reduced to a routine procedure. The columns will usually cover leaders, securing a correct alignment from front to rear; the ranks will dress right or left upon the designated or usual guide. The interval between the leaders of columns and between the guides may be left to their individual judgment, or it may be corrected by "taking distance" in one of several ways.

It is possible to execute all the movements of these formations in double time, and it is suggested that it be tried as soon as a class is proficient in the formation in quick time.

FORMATIONS.

1. *By threes* (fours, etc.), *form columns,* MARCH. (See cut No. 1.)

The leader of each of the two lines, which are marching down the middle of the floor toward the rear of the room, executes a column right or left away from the center, the next two units following the leader. All six stop and face the front after gaining the necessary interval. They are the leaders of the columns. The other pupils execute the same maneuver in successive threes, after passing byond the first three.

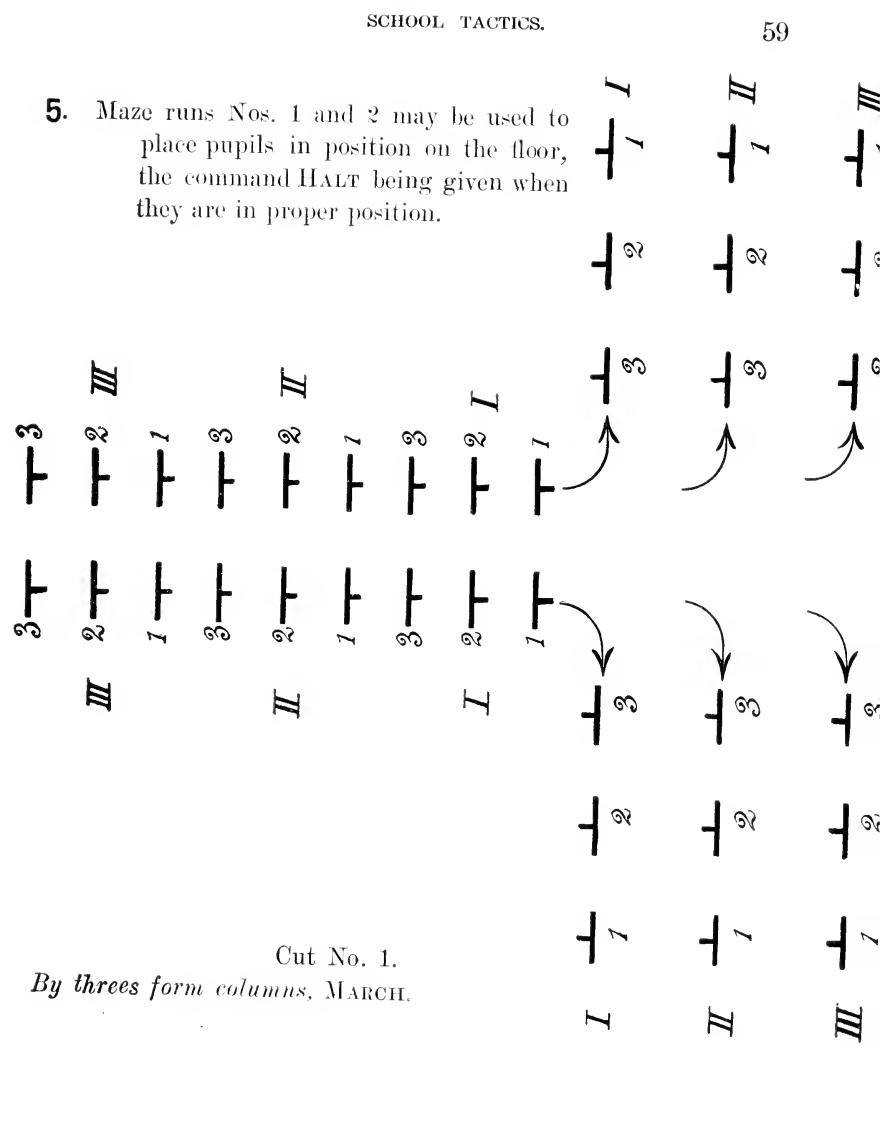
This formation is equally effective for single rank.

To Assemble.

Assemble, MARCH.

All face outward and, following the leaders, form lines.

5. Maze runs Nos. 1 and 2 may be used to place pupils in position on the floor, the command HALT being given when they are in proper position.



Cut No. 1.

By threes form columns, MARCH.

2 (a). *Form columns of sixes* (sevens, etc.), MARCH.
(See cut No. 2.)

Marching down the side of the room the leader of the first six turns across at the back of the room, and then executes a column right or left toward the front. The leader of each of the other sixes executes a similar movement, turning toward the front at a proper interval from the six in front of his.

For this formation pupils should be "sized" in sixes. The rows of pupils as they sit at desks in the class room should be utilized when it is possible; and in this case the pupils should leave the class room with the row on the left (or the right) side of the room leading.

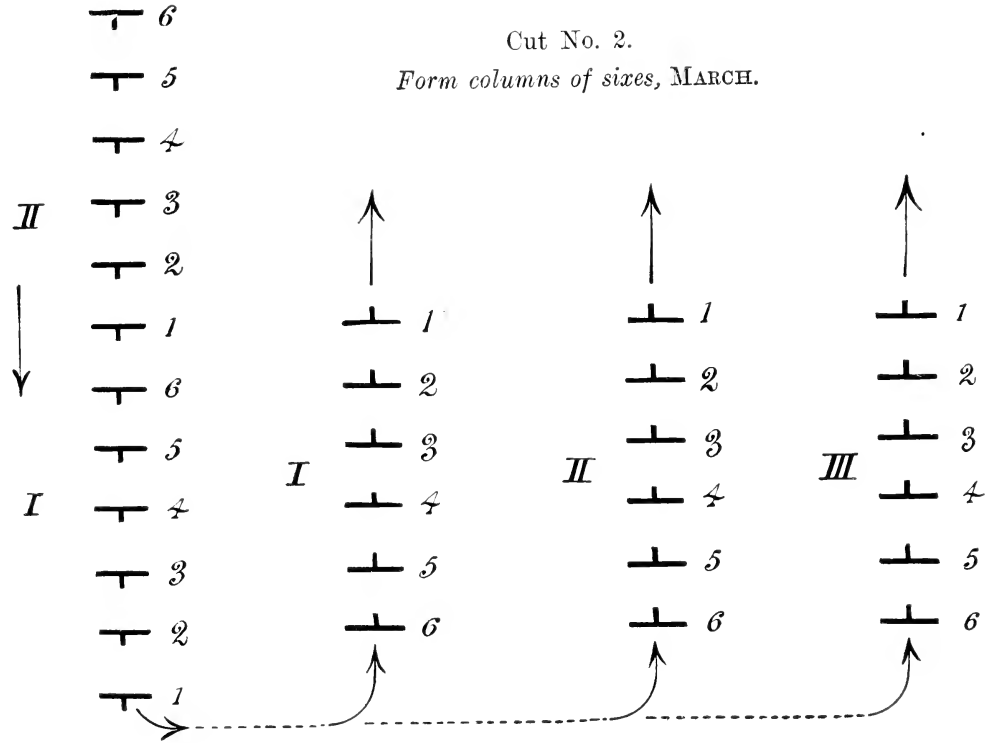
To Assemble.

Assemble, MARCH.

The pupils close order to the front, and the line first in the gymnasium is the first to leave.

Cut No. 2.

Form columns of sixes, MARCH.



2 (b). *Form line,* MARCH.

This formation will place the pupils on the floor in the positions corresponding to their seats in the class room, as in the preceding formation, and differs from it in order that a different method may be used in leaving the class room. The pupils in the front seats will become the leaders of the columns on the floor; these leave the room at the head of the line, followed in turn by those on the second row, these in turn by the third, so that the last to leave the room are the pupils in the rear instead of those at the side as in the previous formation.

On entering the gymnasium the line proceeds to the rear, the leaders march across till they arrive at the proper places for their columns, turn to the front and march forward abreast, preserving the proper distances. They stop at designated points and either halt without command or mark time till the command is given. The facing and stepping off at the rear of the room may well be done on command *Face,* MARCH, until they are proficient.

To Assemble.

Assemble, MARCH.

The leaders execute a right flank and march off, the next rank marches forward, executes a right flank on the same ground and follow; the others proceed similarly.

3. To form lines of fours, fives, etc., from single rank.

By the right flank form column of fours, MARCH.

(See cut No. 10, page 43.)

At the command MARCH, the first four executes a right flank and steps off in the new direction; the next four continues to march until it can execute the right flank on the

same ground as the first four; it then executes the right flank and follows the first four. After the fours have obtained their positions on the floor, it will be necessary to open order. (For methods see "Opening Order From Column of Fours," page 48.)

To Assemble.

In fours by the right flank, MARCH.

The leading four executes a right flank and marches off, the other fours march forward and execute a right flank on the same ground following the first four.

4. From one or more columns in single rank.

Forward at two (three, etc). *paces, column countermarch left and right alternately,* MARCH.

The leader executes a countermarch left; the next pupil countermarches right, and so on alternately. When the number of paces is included in the command, the designated number of steps will be taken outward away from the original line, instead of the usual one step.

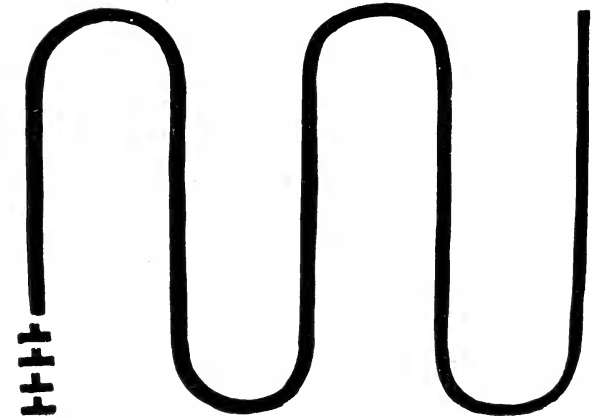
To Assemble.

Forward (at two paces, etc.), *column, countermarch left and right alternately,* MARCH.

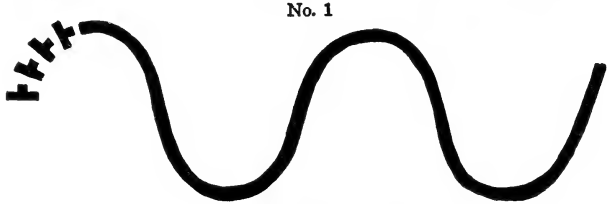
Single rank is found by executing the appropriate column countermarch left or right.

NOTE. See definitions of column and rank, and description of countermarch.

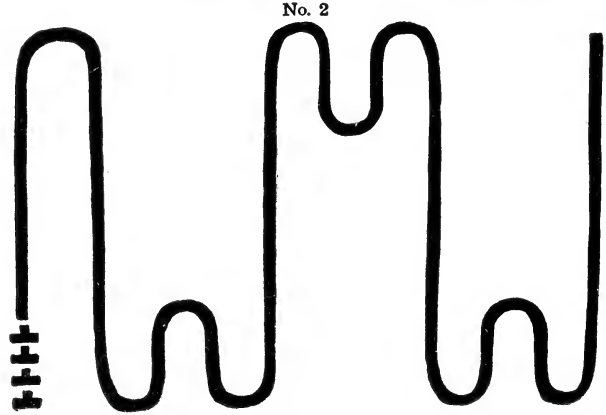
FIGURES FOR MAZE RUNNING



No. 1



No. 2



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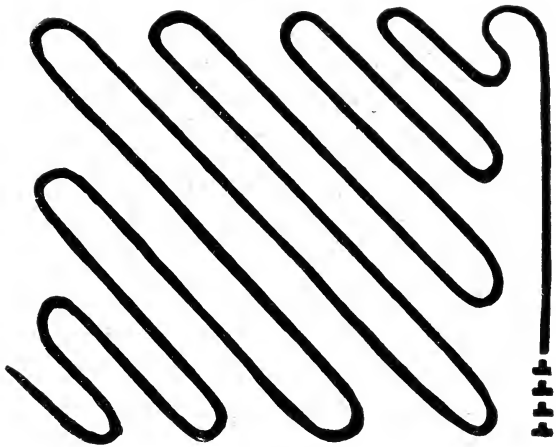

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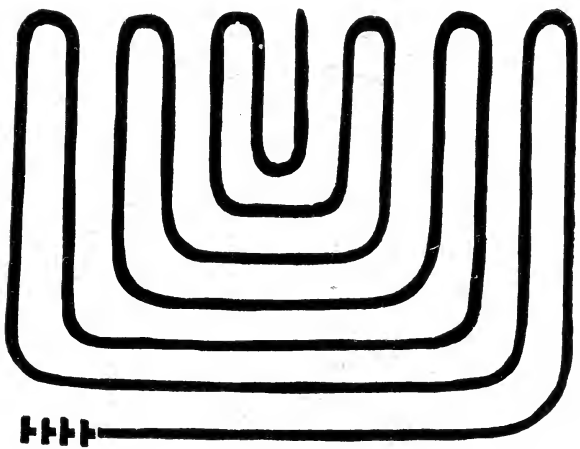

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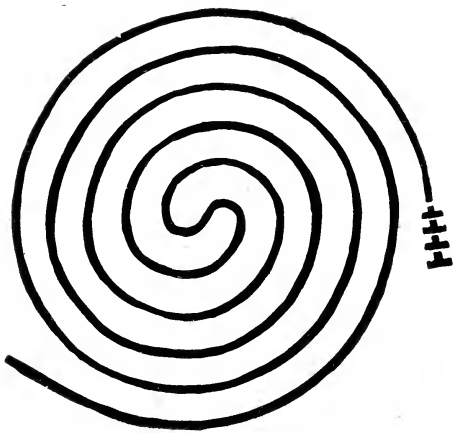

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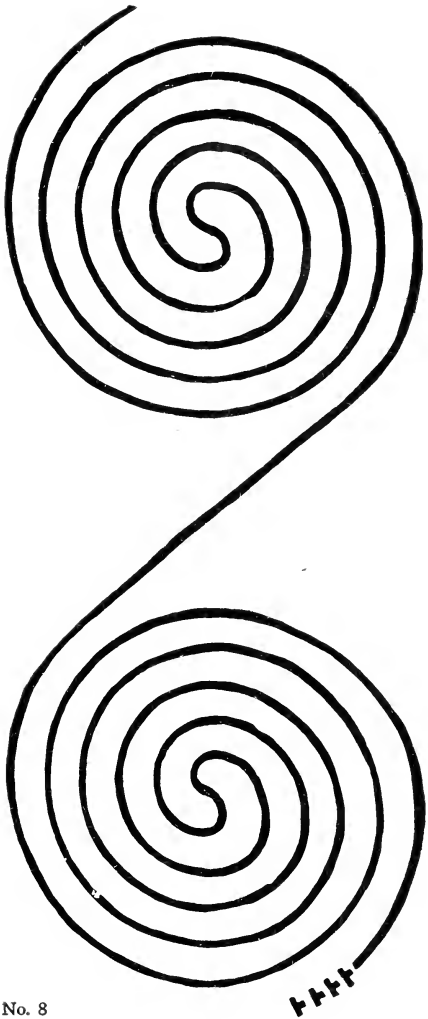

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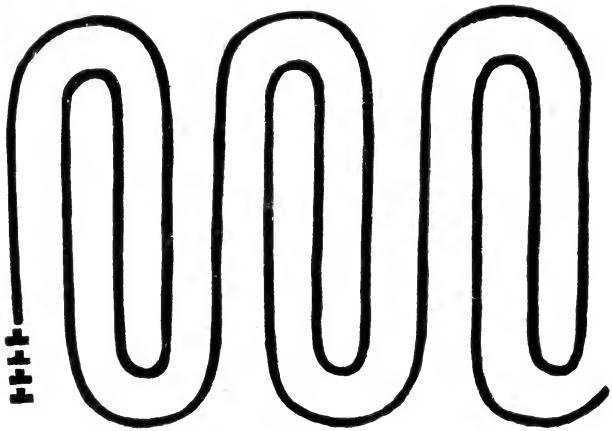

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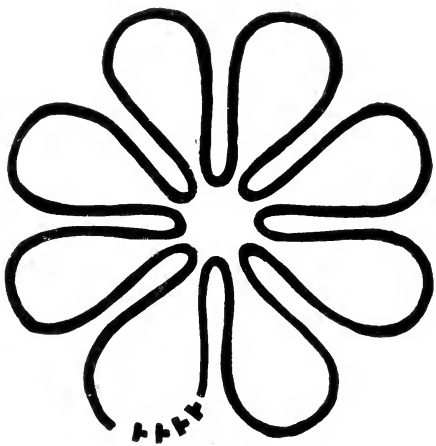

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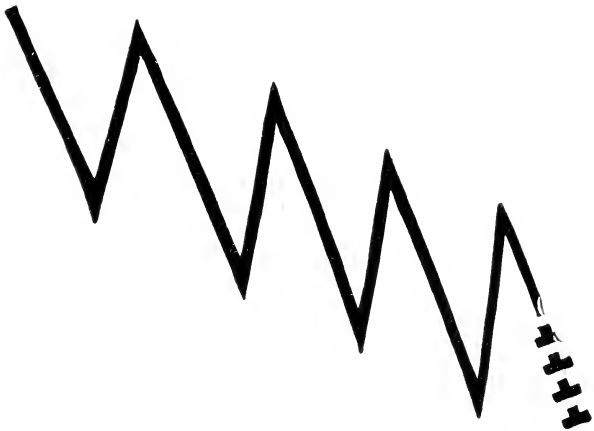

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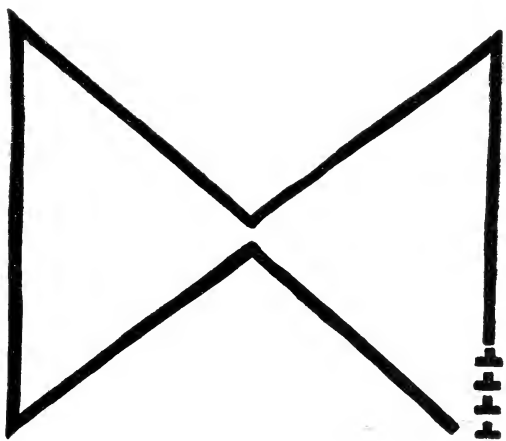

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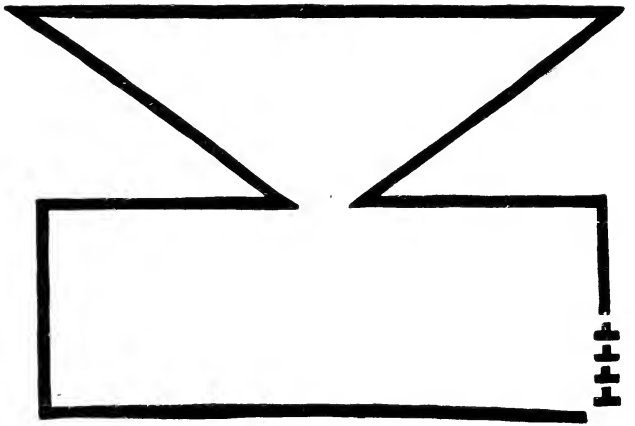

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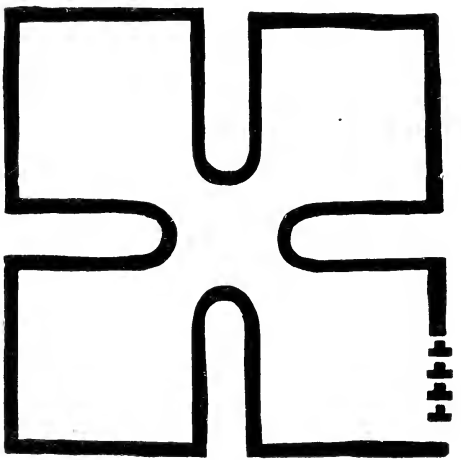

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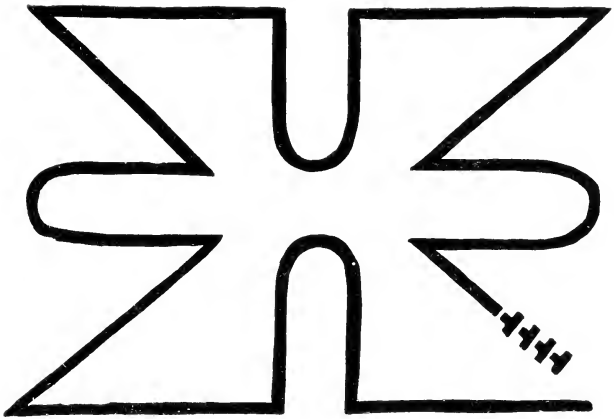

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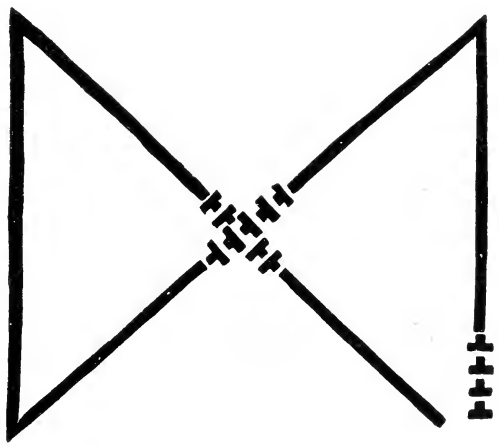

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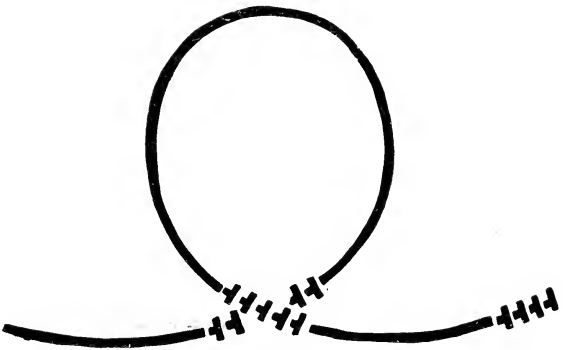

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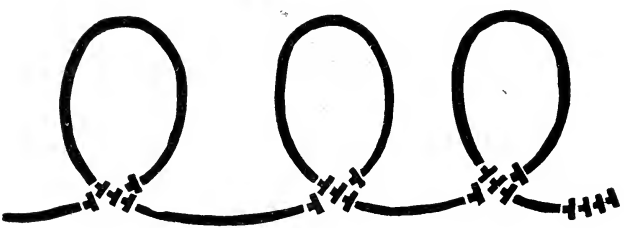

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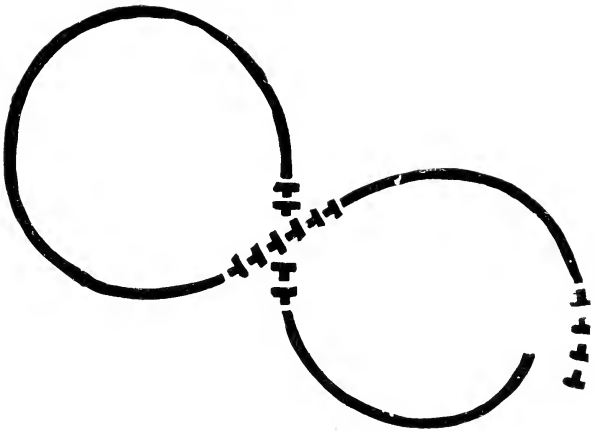

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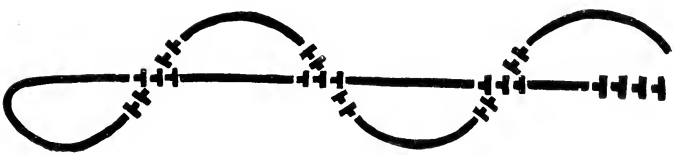

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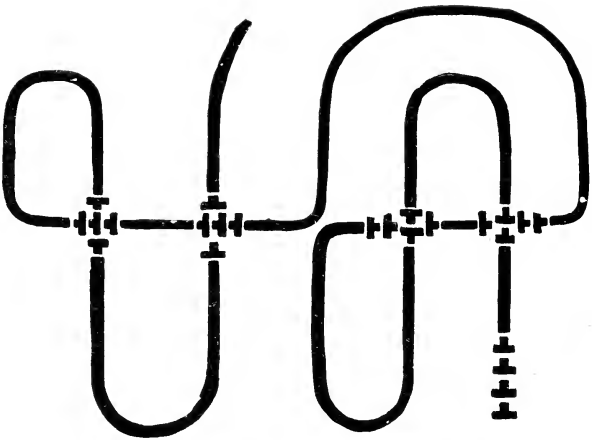

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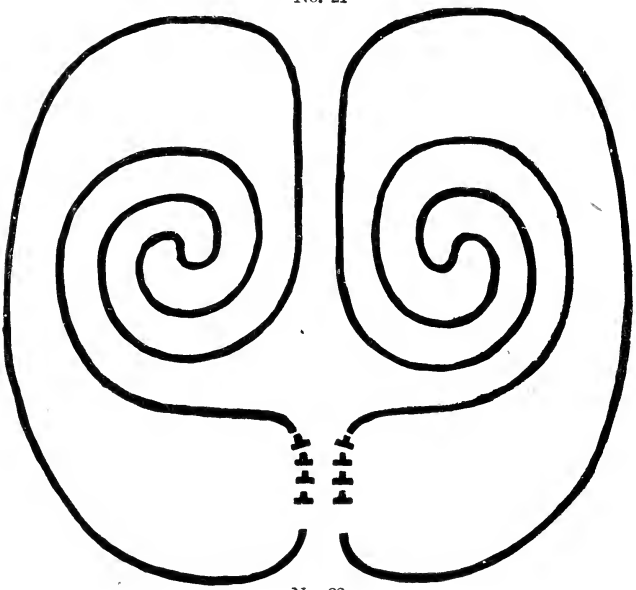

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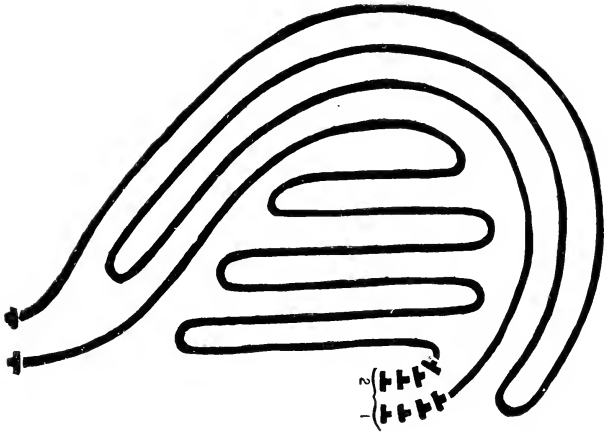

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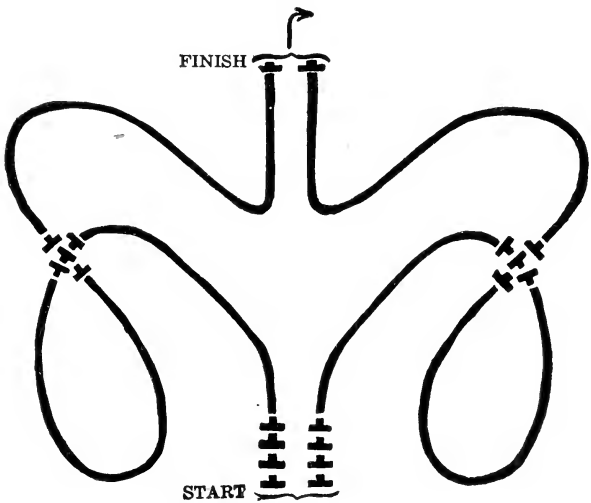

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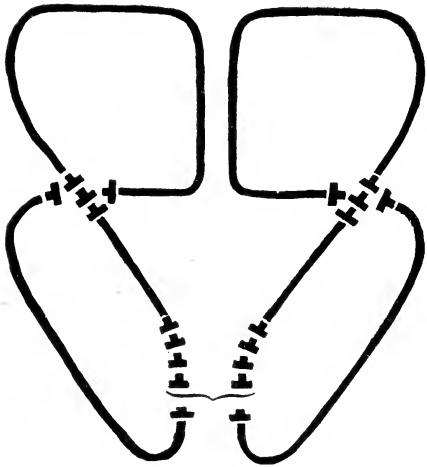

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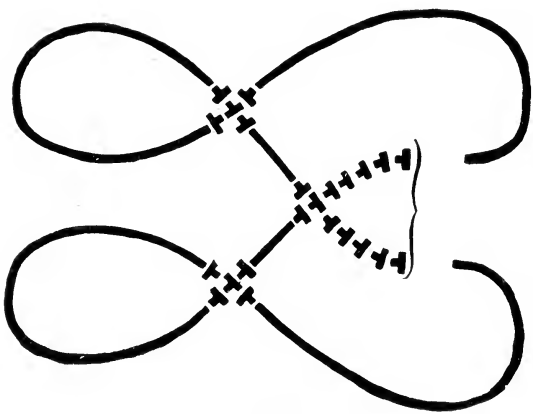

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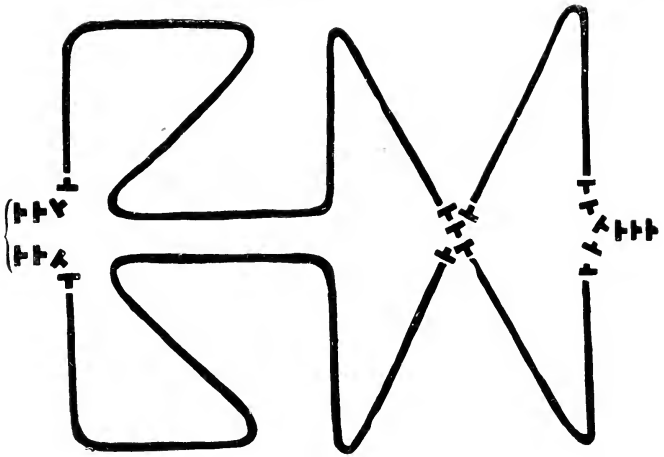

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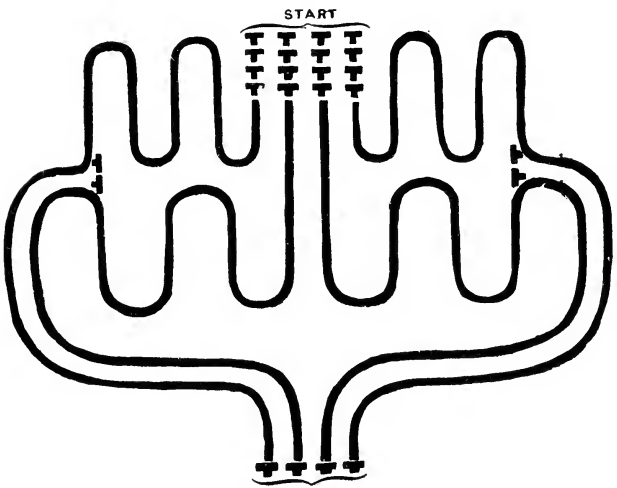

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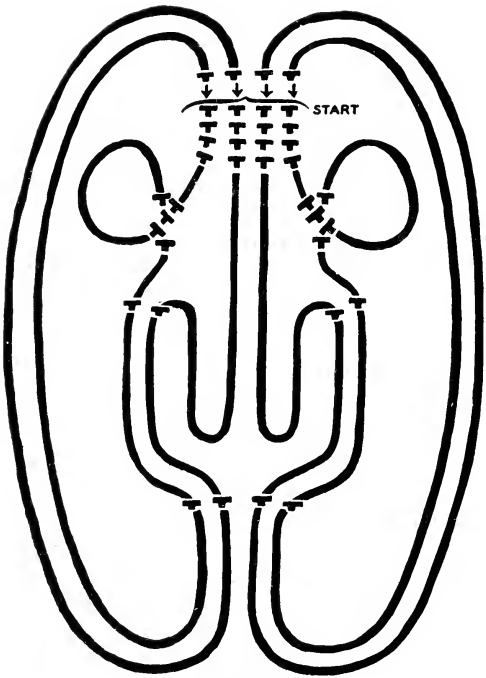


No. 29

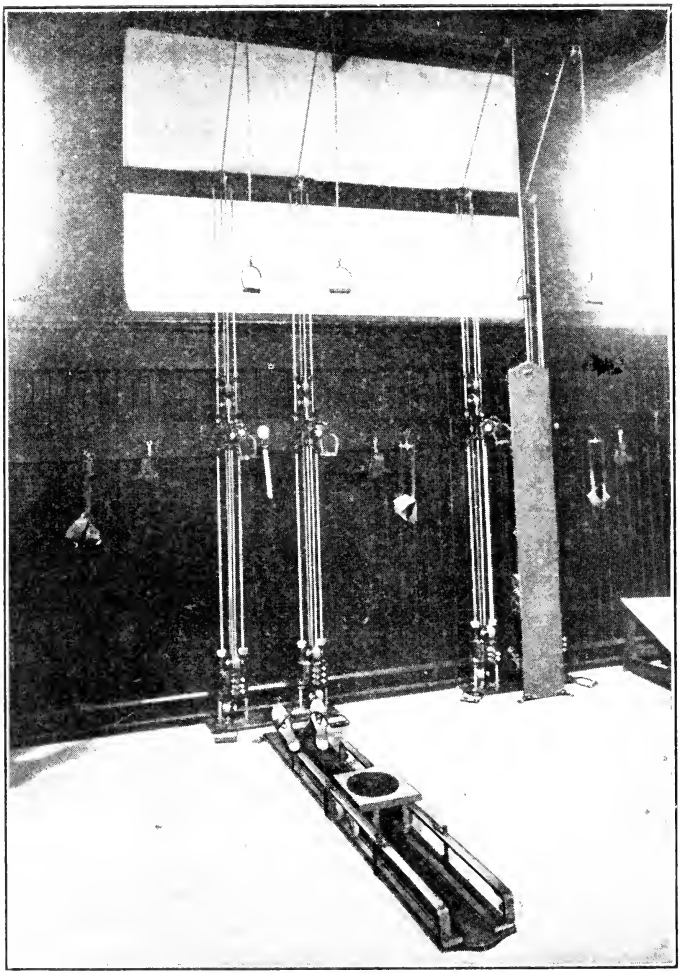
THE FINEST EQUIPPED GYMNASIUM IN THE WORLD

The progress made in the manufacture and the mechanical perfection of the various gymnastic appliances shown in the complete gymnasium installed by A. G. Spalding & Bros. at the World's Fair, demonstrated that the firm is alive to the imperative need of the times. Physical training is being rapidly advanced and in the congested sections of the country it is a growing problem how to provide for the new conditions. This is particularly true in public school work and similar institutions. Real estate in large cities is extremely valuable, and as a consequence, gymnasiums are often reduced in size and wholly inadequate to the growing needs. This means that the apparatus of the past of a fixed or cumbersome character must be superseded by appliances that may be rapidly and conveniently handled in a manner to accommodate the constantly increasing number of boys and girls needing systematic physical development.

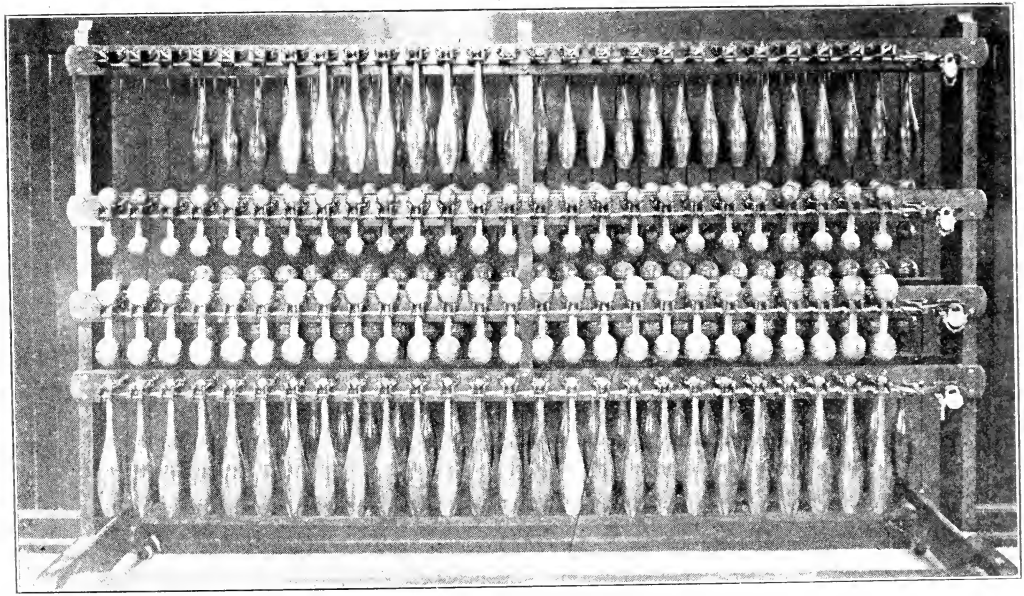
A. G. Spalding & Bros., who outfitted the complete gymnasium at the World's Fair and received the Grand Prize and Gold Medal in competition for their exhibit, are to be congratulated on their enterprise.

LIST OF APPARATUS INSTALLED IN WORLD'S FAIR GYMNASIUM.

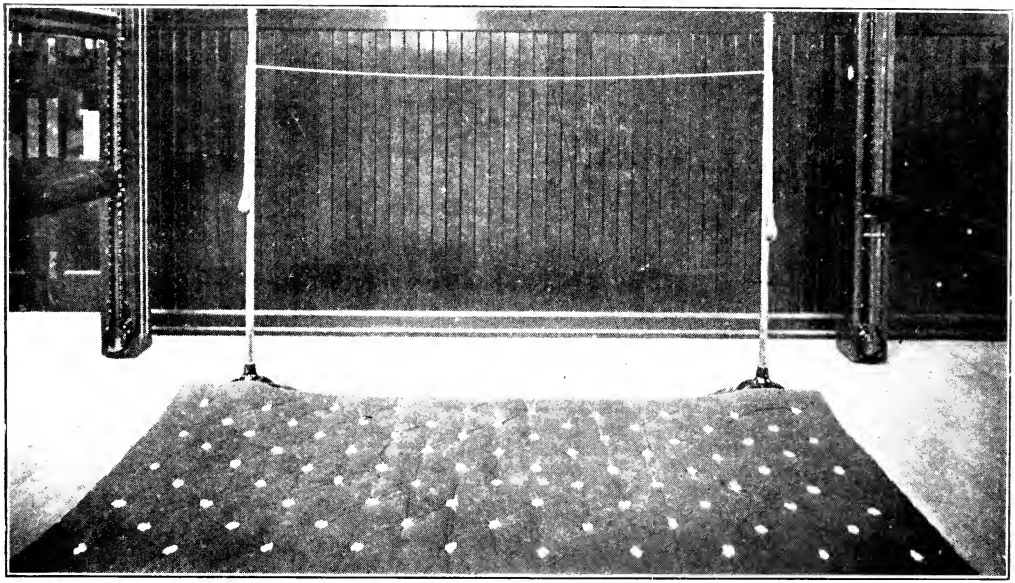
20 No. OR Robert Reach Triplicate Chest Machines.
20 Special Rowing Attachments.
1 New Style Spalding Wrist Roll.
1 No. 50A Quarter Circle.
25 Sections Bar Stalls.
25 Bar Stall Benches.
2 No. 200 Neily Patent Bom.
6 Bar Saddles.[and Vaulting Bars.
3 Special Combination Horizontal
1 Suspended Horizontal Bar—to swing up—Special.
1 No. 83 Low Parallel.
3 New Style Spalding Parallel Bars—Special.
3 No. 25 Jump Boards.
3 No. 0 Vaulting Horses.
3 Pairs Special Jump Stands.
3 Grasshopper Spring Boards.
3 No. 520 Storming Boards.
1 No. 207 Vaulting Box.
1 No. 28 Incline Board.
3 Pairs No. 125 Flying Rings.
8 No. 126 Traveling Rings.
12 No. 98 Climbing Ropes.
1 40-ft. Ladder and Braces.
1 Horizontal Window Ladder.
2 Vertical Window Ladders.
2 Striking Bag Discs and Bags.
11 5-ft. x 10-ft. x 2-in. Mats.
3 5-ft. x 6-ft. x 2-in. Mats.
3 3-ft. x 10-ft. x 2-in. Mats.
3 3-ft. x 5-ft. x 2-in. Mats.
1 Tumbling Mattress—5 ft. x 15 ft. x 8 in., curled hair.
2 Pairs Official Basket Ball Goals.
2 Pairs Official Screens for Basket Ball Goals.
2 No. M Official Basket Balls.
2 No. 1 Medicine Balls.
2 No. 2 Medicine Balls.
2 No. 3 Medicine Balls.
6 Medicine Ball Racks.
50 Pairs 1-2-lb. Model Dumb Bells.
50 Pairs 1-lb. Model Dumb Bells.
50 Pairs 1-lb. Indian Clubs.
50 Pairs 1 1-2-lb. Indian Clubs.
200 Pairs Club and Bell Hangers, on stands.
4 Dozen Wands.
4 Dozen. Bar Bells.
2 Wand Racks.
4 Dozen Savage Bar Bells.
8 Dozen Hangers for Bar Bells.
20 Head Gears.
20 Foot Gears.
1 Set Ring Hockey.
2 Sets Rope Quoits.
50 Bean Bags and Cabinet.
2 Sets Shuffleboard.
50 Rubber Balls and Cabinet.
4 8-ft. Jump Ropes.
4 20-ft. Jump Ropes.
1 Volley Ball Outfit.
4 Jump Frames.
50 Nickel Wands.
1 Wand Cabinet mounted on rollers for nickeled wands.
1 Game Cabinet.
50 Grace Hoops.
2 Grace Hoop Racks.
1 Pair Physician's Scales.
1 Stadiometer. [eter.
1 Chest, Back and Loin Dynamom-
1 Chinning Bar.
1 Pair Wall Parallels.
1 Chin Gauge.
1 Wet Spirometer.
1 Dozen Glass Mouth Pieces.
1 Pair Chest Calipers.
1 Pair Shoulder Calipers.
1 Spirometer—shelf.
1 Dynamometer for Grip.



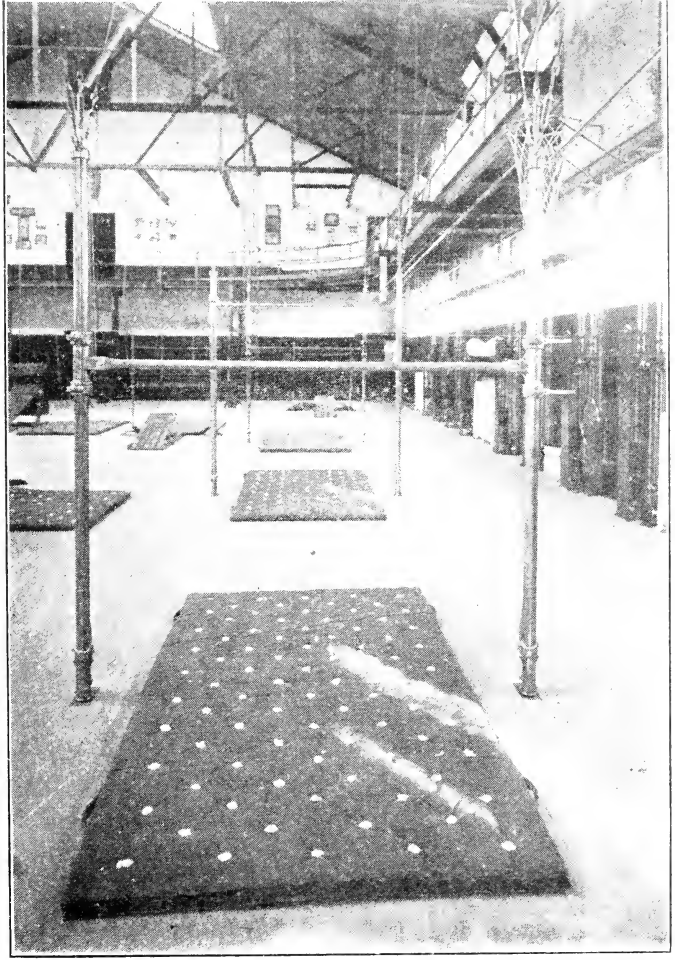
CUT No. 1—The above is a combination piece of wall apparatus which may be used as a rowing weight, back and loin pulley, direct chest pulley with upright backboard, or intercostal overhead pulleys. Either set of handles is always ready for use, and requires no adjustment.



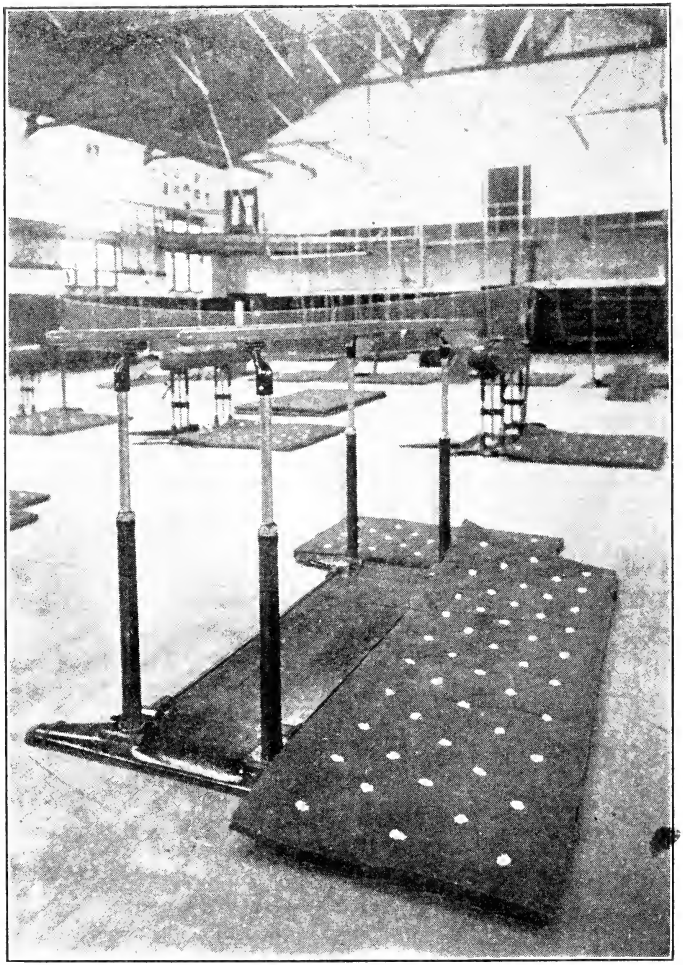
CUT NO. 2—A portable Indian club and dumb bell rack, made of oak, mounted on rubber-tired wheels. The particular feature about it is the locking device, whereby an entire row of Indian clubs or dumb bells may be locked or unlocked with one throw of the lever, the object of the device being to place the control of the apparatus entirely in the hands of the instructor. The character of the hanger is decidedly unique and practical and is original with A. G. Spalding & Bros.



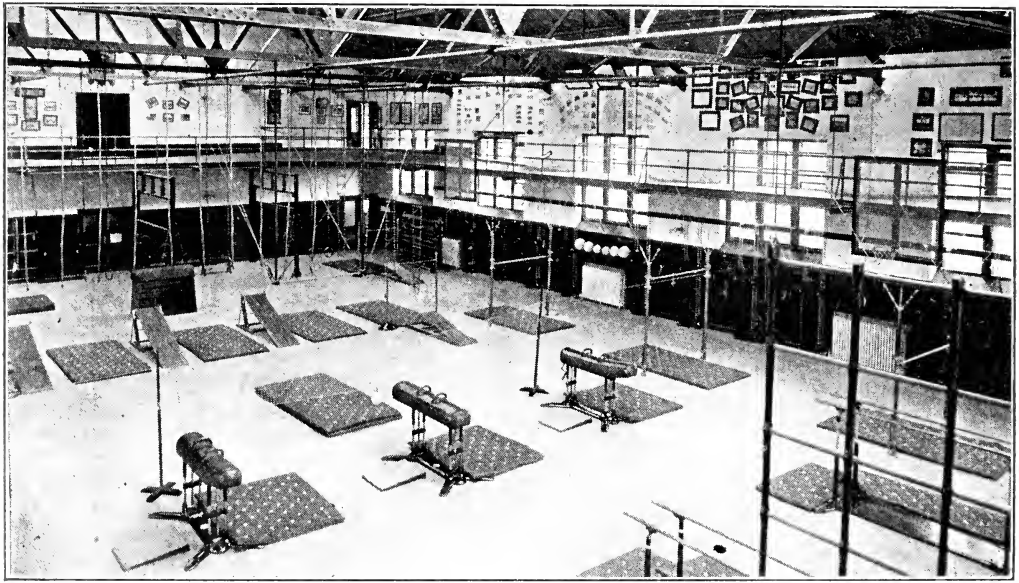
CUT No. 3—A new style of jumping standard that was favorably commented on by all who saw it. It is elaborately made of polished brass tubing and brass fittings, having a heavy iron round base. The particular feature of its construction was the automatic pin arrangement which was permanently attached to the standard and was instantly adjusted, locking itself when released at the desired height.



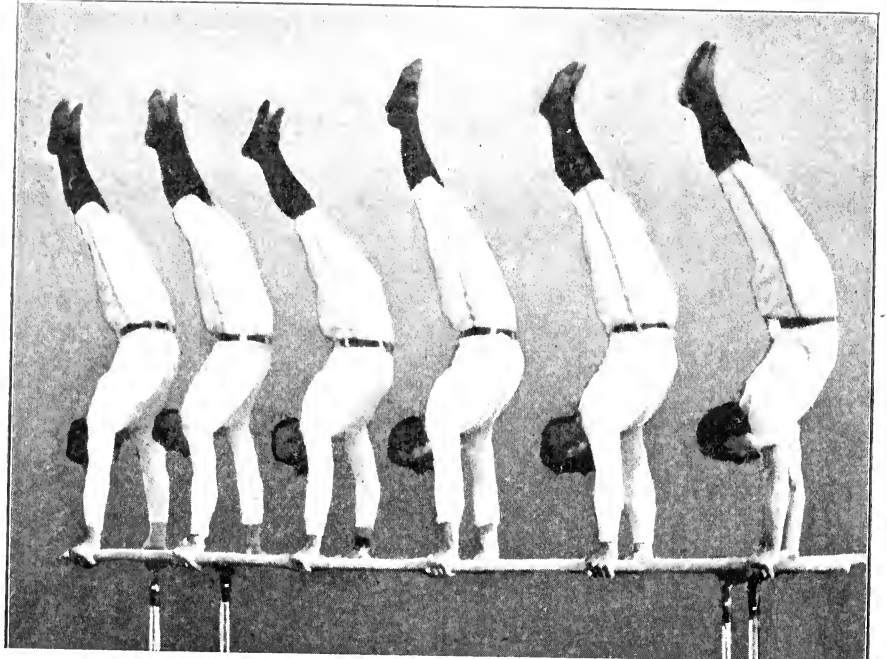
CUT NO. 4—Shows a combined horizontal and vaulting bar of entirely new construction. The bars are suspended by overhead guys and these guys are tightened and the bar thrown into position at the floor by the use of one lever on each upright. The principle is radically new, and is certainly most successfully applied. The bar requires only two floor plates and two points of attachment at the floor, eliminating the spread of guys, thereby saving floor space and greatly facilitating the handling of the apparatus in clearing the floor for other work.



CUT No. 5—Illustrates a pair of parallel bars, the design of which was particularly commended by the entire body of Turn Verein representatives who used them in the Olympic gymnastic contests.



CUT No. 6—A photograph from one end of the gymnasium showing considerable of the apparatus in place on the floor. The net in the centre of the room is for volley ball games. Owing to the character of the apparatus the floor may be quickly cleared for games of this character at short notice.

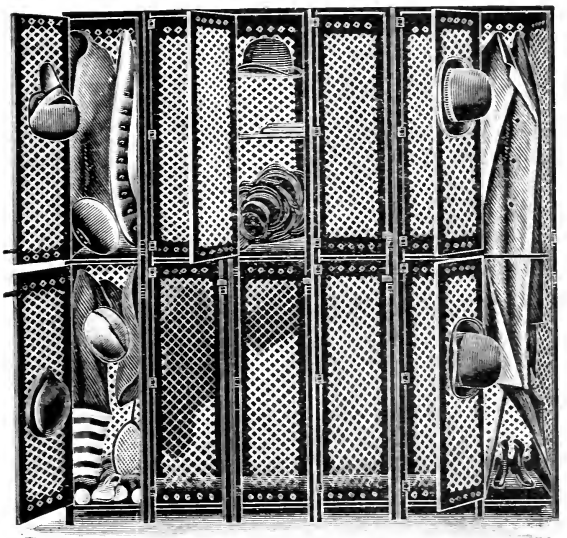


The above picture shows the team of German Turners that came to America especially to compete in the International Championships at St. Louis on July 1 and 2, 1904, requesting that they be permitted to use the apparatus of the Spalding gymnasium exhibit in the gymnastic tournament, and at the conclusion of the two-day meeting voluntarily forwarded to A. G. Spalding & Bros. a testimonial highly complimenting the firm on their gymnastic apparatus. The same request was made by the Young Men's Christian Association of America, and the apparatus was used by them for the championships with best results. In the International A. A. U. Championships, A. G. Spalding & Bros.' apparatus was likewise used, and the chairman of the committee declared the apparatus to be the best ever used in connection with a championship meeting.

SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

DURAND LOCKERS



WERE USED EXCLUSIVELY IN THE GYMNASIUM OF THE PHYSICAL CULTURE DEPARTMENT AT THE WORLD'S FAIR AND RECEIVED THE

GRAND PRIZE

FOR BEING THE BEST, MOST COMPLETE AND SERVICEABLE LOCKER MADE

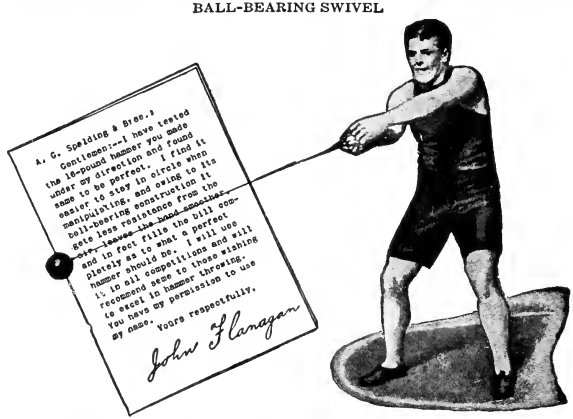
DURAND LOCKER CO. ... ... Chicago, Ill.

Special Award and Grand Prize

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

Spalding Championship Hammer

BALL-BEARING SWIVEL


A. G. Spalding & Bros.:
Gentlemen:—I have tested the 16-pound hammer you made under my direction. I find it easier to stay in circle when manipulating, and owing to its ball-bearing construction the ball-bearing construction the
gets less resistance from the
and in fact fills the bill completely as to what a perfect hammer should be. I will use it in all competitions and am recommending those wishing to excel in hammer throwing. You have my permission to use my name. Yours respectfully.
John J. Flanagan

THE SPALDING CHAMPIONSHIP BALL-BEARING HAMMER. Originally designed by John Flanagan, the champion of the world, has been highly endorsed only after repeated trials in championship events. The benefits of the ball-bearing construction will be quickly appreciated by all hammer throwers. Each hammer put up complete in sole leather carrying case.

No. 02.	**12-lb., with sole leather case.**	**$12.00**
No. 06.	**16-lb., with sole leather case.**	**12.00**
No. 02X.	**12-lb., without sole leather case.**	**10.00**
No. 06X.	**16-lb., without sole leather case.**	**10.00**

A. G. SPALDING & BROS.

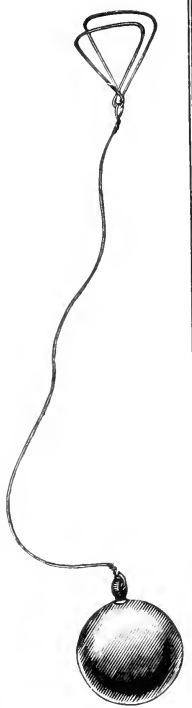
New York Chicago St. Louis Washington San Francisco
Boston Minneapolis Baltimore Kansas City New Orleans
Buffalo Philadelphia Denver Pittsburg Syracuse
Cincinnati Montreal, Can. London, England

SPECIAL AWARD AND GRAND PRIZE

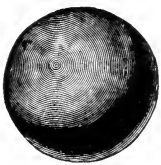
were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's fair.

Spalding's New Regulation Hammer With Wire Handle

Lead	EACH
No. 9. 12-lb., Lead, Practice,	$4.25
No. 10. 16-lb., Lead, Regulation,	4.50
Iron	EACH
No. 12. 8-lb., Iron, Juvenile,	$2.50
No. 14. 12-lb., Iron, Practice,	3.00
No. 15. 16-lb., Iron, Regulation,	3.25
Extra Wire Handles	EACH
No. 6H. For above hammers,	50c.



Shot



No. 19.	16-lb., Lead.	Each, $2.50
No. 21.	12-lb., Lead.	" 2.25
No. 23.	16-lb., Iron.	" 1.75
No. 25.	12-lb., Iron.	" 1.50
No. 18.	8-lb., Iron.	" 1.25

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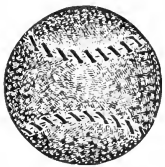
SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's fair.



Indoor Shot

With our improved leather cover. Does not lose weight even when used constantly.

No. 3. 12-lb. Indoor Shot. Each, $7.00
No. 4. 16-lb. Indoor Shot. . . " 7.50
No. 26. 8-lb. Indoor Shot. . . " 5.00

Regulation 56-lb. Weights

Made after model submitted by Champion J. S. Mitchel, and endorsed by all weight throwers. Packed in box and guaranteed correct in weight and in exact accordance with rules of A. A. U.

No. 2
Lead 56-lb. Weights
Complete, $8.50

A. G. SPALDING & BROS.

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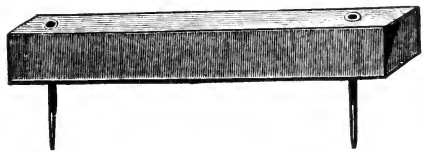
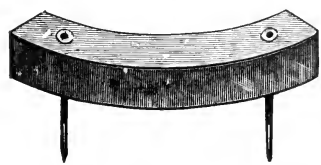
Take-off Board



The Take-off Board is used for the running broad jump and is a necessary adjunct to the athletic field. Regulation size, top painted white.

Each, **$3.00**

Toe Board or Stop Board



The Toe Board or Stop Board is used when putting the 16-lb. shot, throwing weights and discus, and is curved on the arc of a 7-foot circle.

Regulation size, painted white, substantially made.

Each, **$3.50**

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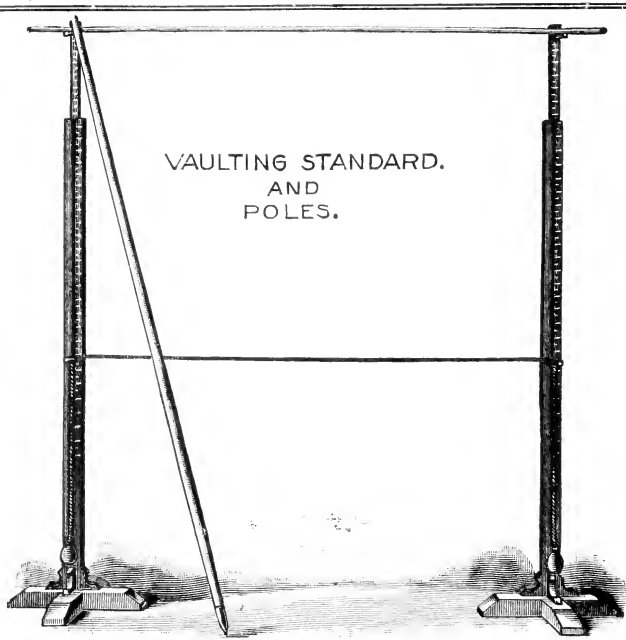

Vaulting Standards

No. 109. Wooden uprights, graduated in quarter inches, adjustable to 12 feet. Complete, $15.00

No. 110. Wooden uprights, inch graduations, adjustable to 10 feet, $10.00

No. 111. Wooden uprights, inch graduations, 7 feet high. 7.00

Cross Bars

No. 112. Hickory. Per doz., $3.00 | No. 113. Pine. Per doz., $2.00

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Vaulting Poles — Selected Spruce

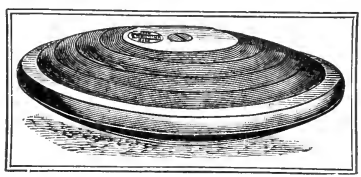
No. **100.**	8 feet long, solid. .	Each,	**$3.00**
No. **101.**	10 feet long, solid. .	"	**4.00**
No. **102.**	12 feet long, solid. .	"	**5.00**
No. **103.**	14 feet long, solid. .	"	**6.00**

Hollow Spruce Poles

Considerably lighter than the solid poles, and the special preparation with which we fill the interior of pole greatly increases the strength and stiffness.

No. **200.**	8 feet long, hollow. .	Each,	**$8.00**
No. **201.**	10 feet long, hollow. .	"	**8.50**
No. **202.**	12 feet long, hollow. .	"	**9.00**
No. **203.**	14 feet long, hollow. .	"	**9.50**

Spalding's Olympic Discus



An exact reproduction of the discus used in the Olympic games at Athens, Greece, by Robert Garrett, of Princeton, the winner. Sealed in box and guaranteed absolutely correct.

Each, **$5.00**

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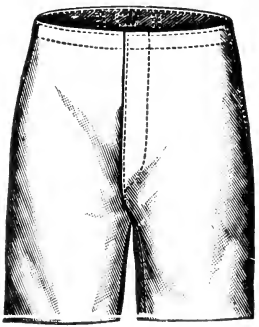
Running Pants



White or black Sateen, fly front, lace back.

No. 1.

Per pair, $1.25

White or black Sateen, lace back, fly front.

No. 2.

Per pair; $1.00

White or black Silesia fly front, lace back.

No. 3.

Per pair, 75c.

White or black Silesia, fly front, lace back.

No. 4.

Per pair, 50c.

White Silesia, fly front, lace back.

No. 6.

Per pair, 35c.

Stripes down sides of any of these running pants, 25 cents per pair extra.

A. G. SPALDING & BROS.

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Buffalo	Philadelphia	Denver	Pittsburg	Syracuse
Cincinnati		Montreal, Can.		London, England

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SLEEVELESS SHIRTS

Best Worsted, full fashioned, stock colors and sizes.
No. **1**E. . . Each, **$2.75**

Cut Worsted, stock colors and sizes.
No. **600.** . Each, **$1.25**

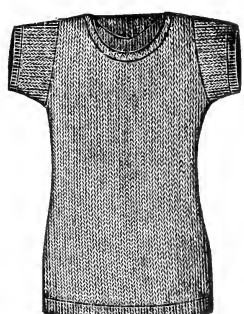
Mercerized Cotton, natural color and light blue only.
No. **6**EM. . Each, **$1.00**

Other colors to order; prices on application.

Sanitary Cotton, stock colors and sizes.
No. **6**E. Each, **50c.**

QUARTER SLEEVE SHIRTS

Best Worsted, full fashioned, stock colors and sizes.
No. **1**F. . Each, **$2.75**



Cut Worsted, stock colors and sizes.
No. **601.** Each, **$1.25**

Sanitary Cotton, stock colors and sizes.
No. **6**F. . . Each, **50c.**

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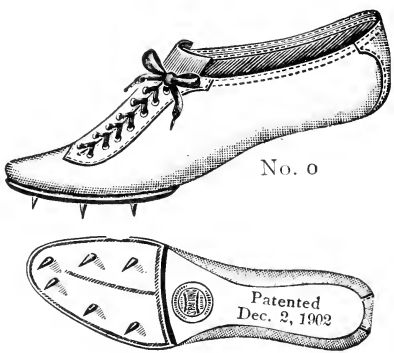
Spalding Patented Running and Jumping Shoes

(Patented December 2, 1902)



Their merits speak for themselves. The most successful runners and hurdlers use these shoes.

In these shoes the spikes cannot by any possibility come in contact with the foot. The rubber sole is an assistance, in that it is partly underneath the spike, and therefore acts in the nature of a cushion, and our patented principle enables us to place the spikes so that they will not come loose after being wet, as water has no effect on the rubber sole. We also claim that on account of the non-slippable purchase a runner obtains with this sole, he is able to make a quicker start than is possible with a shoe of ordinary construction.

No. 0. Per pair, $5.00

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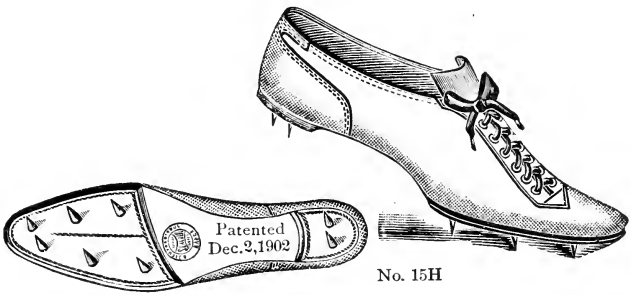
Spalding Patented Running and Jumping Shoes



No. 15H

Same as No. O, but short spikes for indoor running.

No. 120. Per pair, $5.00

Made on same principle as our patented running shoe, but with two spikes in heel. This heel is made of rubber and acts as a perfect cushion, stopping all jar, thus doing away with disadvantage possessed by ordinary jumping shoes.

No. 15H. Per pair, $6.00

Same as No. 15H, but short spikes for indoor jumping.

No. 110. Per pair, $5.50

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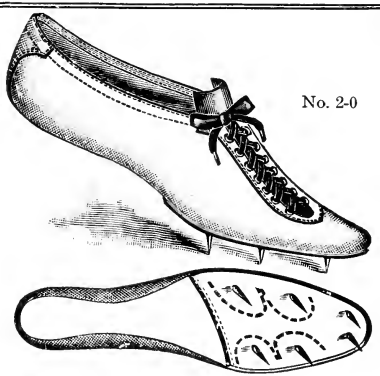
Running Shoes

This Running Shoe is made of the finest Kangaroo Leather; extremely light and glove-fitting; best English steel spikes firmly riveted on.

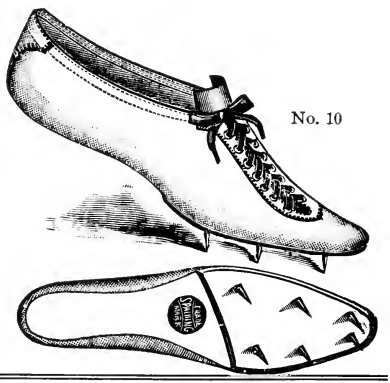
No. 2-0
Pair, $5.00



No. 2-0

Finest Calfskin Running Shoe; light weight, hand-made, six spikes.

No. 10
Pair, $4.00



No. 10

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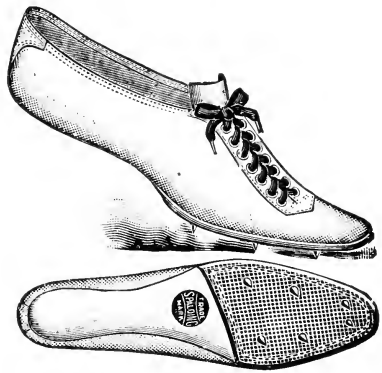
INDOOR RUNNING SHOES

Made With or Without Spikes.



Fine leather, rubber tipped sole, with spikes.
No. 111. Per pair, $3.50

Leather shoe, rubber tipped, with spikes.
No. 112. Per pair, $3.00

Leather shoe, rubber tipped, no spikes.
No. 114. Per pair, $2.50

INDOOR JUMPING SHOES

Best leather Indoor Jumping Shoe, hand-made, rubber soles.
No. 210. Per pair, $5.00

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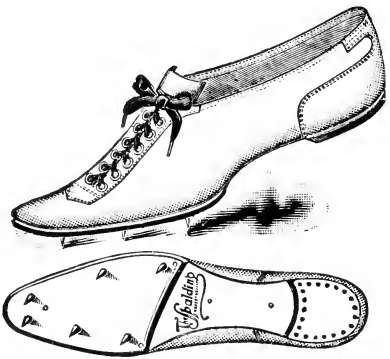

Cross Country Shoes

Finest Kangaroo leather; low broad heel, flexible shank, hand-sewed; six spikes on sole; with or without spikes on heel.

No. 14C.
Per pair, $5.00

Jumping and Hurdling Shoes

Fine Kangaroo leather, hand made, specially stiffened sole, and spikes in heel, placed according to latest ideas, to assist jumper.

No. 14H.
Per pair, $5.00

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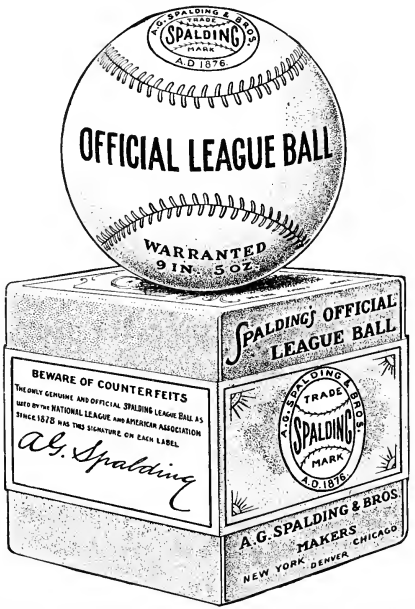
A.G. SPALDING & BROS. TRADE SPALDING MARK A.D. 1876
OFFICIAL LEAGUE BALL
WARRANTED 9 IN. 5 OZ.
SPALDING'S OFFICIAL LEAGUE BALL
BEWARE OF COUNTERFEITS
THE ONLY GENUINE AND OFFICIAL SPALDING LEAGUE BALL AS USED BY THE NATIONAL LEAGUE AND AMERICAN ASSOCIATION SINCE 1878 HAS THIS SIGNATURE ON EACH LABEL
A.G. Spalding
A.G. SPALDING & BROS. MAKERS
NEW YORK DENVER CHICAGO

THE SPALDING OFFICIAL LEAGUE BALL

Used exclusively by the National League, Minor Leagues, and by all Intercollegiate and other Associations for over a quarter of a century. Each ball wrapped in tinfoil and put in a separate box, and sealed in accordance with the regulations of the National League and American Association. Warranted to last a full game when used under ordinary conditions.

Each, $1.25

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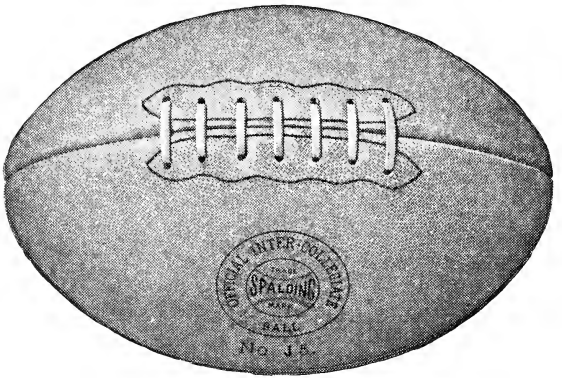
The Spalding Official Intercollegiate Foot Ball



WE have spared no expense in making this ball perfect in every detail, and offer it as the finest foot ball ever produced. Each ball is thoroughly tested, packed in a separate box and sealed, so that our customers are guaranteed a perfect ball inside when same is received with seal unbroken. A polished and nickel-plated brass foot ball inflater and lacing needle will be packed with each Intercollegiate foot ball without extra charge. Used exclusively by all the leading universities, colleges and athletic associations without exception.

No. J5. Complete, $4.00

A. G. SPALDING & BROS.

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THE SPALDING "OFFICIAL" BASKET BALL

Officially adopted and must be used in all match games. The cover is made in eight sections, with capless ends and of the finest and most carefully selected pebble grain leather. The bladder is made specially for this ball, of extra quality Para rubber. Each ball packed complete, in sealed box, and guaranteed perfect in every detail.

No. M. "Official" Basket Ball. Each, $5.00

Extracts from Official Rule Book

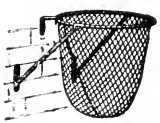
RULE II.—BALL

SEC. 3. The ball made by A. G. SPALDING & BROS. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.

RULE III.—GOALS.

SEC. 3. The goal made by A. G. SPALDING & BROS. shall be the official goal.



SEC. 4. The official goal must be used in all match games.

A. G. SPALDING & BROS.

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Montreal, Can. London, England

Spalding's Trade-Mark Indian Clubs

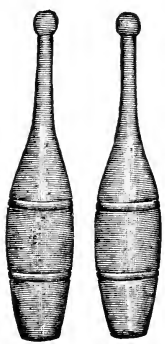
Our Trade-Mark Indian Clubs are of selected material and perfect in shape. They are finely polished, with ebonite centre band and gilt stripe top and bottom. Each pair wrapped in paper bag.

1-2 pound	Per pair, $	.40
3-4 pound	"	.45
1 pound	"	.50
1 1-2 pound	"	.55
2 pound	"	.65
2 1-2 pound	"	.80
3 pound	"	.90
4 pound	"	1.10
5 pound	"	1.40

Trade Line Indian Clubs

The following clubs are not Trade-Mark goods, but of good material and far superior in shape and finish to the ordinary clubs on the market.

1-2 pound	Per pair,	25c.
3-4 pound	"	30c.
1 pound	"	35c.
1 1-2 pound	"	40c.
2 pound	"	45c.
2 1-2 pound	"	50c.
3 pound	"	55c.
4 pound	"	70c.
5 pound	"	90c.



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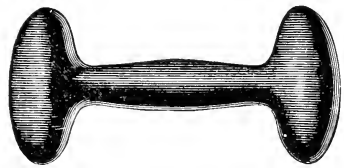
IRON DUMB BELLS



Made on approved models, nicely balanced and finished in black enamel. Sizes, 2 to 40 lbs. Per lb., **6c.**

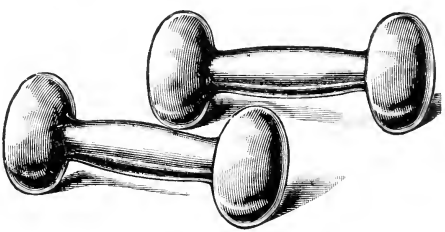
Over 40 lbs., **8c.** per lb.

Bar Bells, any weight, with wrought iron handle, any length made specially. . . . . Per lb., **10c.**

NICKEL-PLATED DUMB BELLS

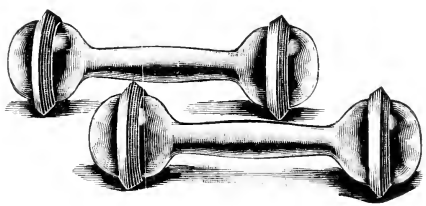
Nickel-plated and polished.

No.		Per Pair
1N.	1 lb.,	$ .25
2N.	2 "	.50
3N.	3 "	.65
4N.	4 "	.75
5N.	5 "	1.00



NICKEL-PLATED DUMB BELLS

WITH RUBBER BANDS



Nickel-plated and polished.

No.		Per Pair
1B.	1 lb.,	$ .65
2B.	2 "	.75
3B.	3 "	1.00
4B.	4 "	1.15
5B.	5 "	1.25

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New York, Chicago, Philadelphia, San Francisco
St. Louis, Boston, Buffalo, Baltimore
Denver, Minneapolis, Kansas City, Montreal, Can.
London, England

Spalding's
Trade-Mark Wood Dumb Bells

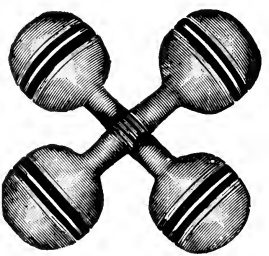
Our Trade-Mark Bells are made of selected material, neatly decorated, well finished and of perfect balance.

1-4	pound.	.	Per pair, $ .40
1-2	pound.	.	" .40
3-4	pound.	.	" .45
1	pound.	.	" .50
1 1-2	pound.	.	" .55
2	pound.	.	" .65
3	pound.	.	" .90
4	pound.	.	" 1.10

Trade Line Wood Dumb Bells

NOT TRADE-MARK QUALITY

1-4	pound.	.	Per pair, 25c.
1-2	pound.	.	" 25c.
3-4	pound.	.	" 30c.
1	pound.	.	" 35c.
1 1-2	pound.	.	" 40c.
2	pound.	.	" 45c.
3	pound.	.	" 55c.
4	pound.	.	" 70c.



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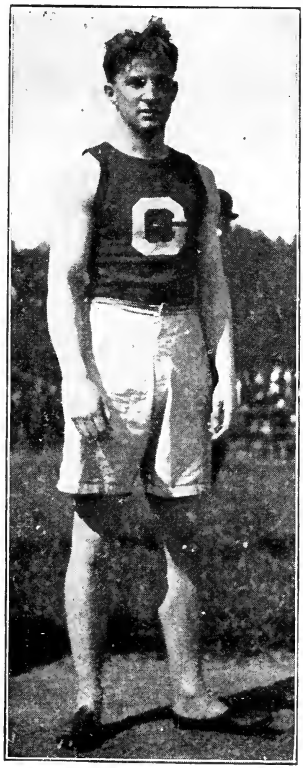

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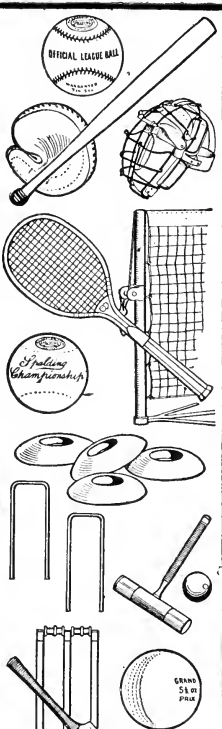

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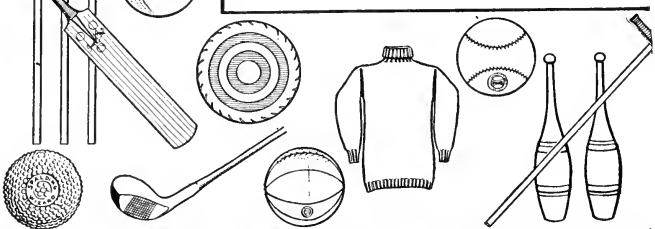
SPALDING ATHLETIC

THE above illustration shows the Stadium at St. Louis, in which the Olympic Games of 1904 were held. The field, which was designed and equipped by A. G. Spalding & Bros., was declared by experts to be the most perfect outdoor athletic plant ever constructed.



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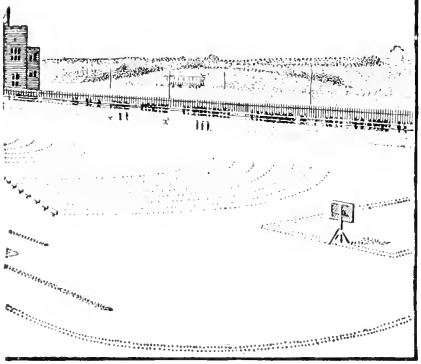
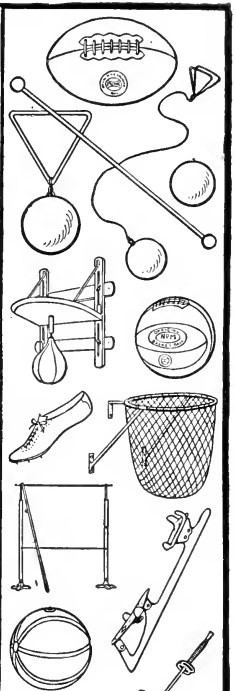
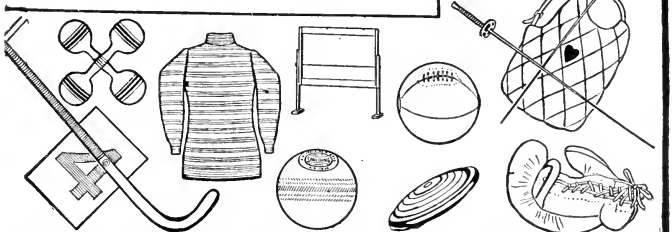


THE building in the background is the Model Gymnasium, which was entirely equipped by A. G. Spalding & Bros., with an exhibit that was pronounced a model one by American and European experts and the International Jury of the Exposition.





No. 124—How to Become a Gymnast

By Robert Stoll, of the New York A. C., the American champion on the flying rings from 1885 to 1892. Any boy who frequents a gymnasium can easily follow the illustrations and instructions in this book and with a little practice become proficient on the horizontal and parallel bars, the trapeze or the "horse." Price 10 cents.

No. 128—How to Row

By E. J. Giannini, of the New York A. C., one of America's most famous amateur oarsmen and champions. This book will instruct any one who is a lover of rowing how to become an expert. It is fully illustrated, showing how to hold the oars, the finish of the stroke and other information that will prove valuable to the beginner. Contains also the official laws of boat racing of the National Association of Amateur Oarsmen. Price 10 cents.

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By Gus Sundstrom, instructor at the New York A. C. It treats of every detail, the individual work of the players, the practice of the team, how to throw the ball, with illustrations and many valuable hints. Price 10 cents.

No. 135 — Official Handbook of the A. A. U. of the United States

The A. A. U. is the governing body of athletes in the United States of America, and all games must be held under its rules, which are exclusively published in this handbook, and a copy should be in the hands of every athlete and every club officer in America. This book contains the official rules for running, jumping, weight throwing, hurdling, pole vaulting, swimming, boxing, wrestling, etc., and is an encyclopedia in itself. Price 10 cents.

No. 136—Official Y. M. C. A. Handbook

Edited by G. T. Hepbron, the well-known athletic authority. It contains the official rules governing all sports under the jurisdiction of the Y. M. C. A., a complete report of the physical directors' conference, official Y. M. C. A. scoring tables, pentathlon rules, many pictures of the leading Y. M. C. A. athletes of the country, official Y. M. C. A. athletic rules, constitution and by-laws of the Athletic League of Y. M. C. A., all around indoor test, volley ball rules; illustrated. Price 10 cents.

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By Prof. E. B. Warman, the well-known physical culture expert. Is a complete, thorough and practical book where the whole man is considered—brain and body. By following the instructions no apparatus is required. The book is adapted for both sexes. The exercises comprise directions as follows: how to stand; how to sit; how to rest; breathing; exercises for the fingers, wrists, elbows, shoulders, neck, hips, knees, ankles; a word about the muscles; the arms and thighs; shoulders and chest; waist; sides; back and abdomen; bowing; bending; twisting; the liver squeezer, etc., etc, Fully illustrated. Price 10 cents.

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Two of the most popular forms of home or gymnasium exercise. This book is written by America's amateur champion club swinger, J. H. Dougherty. It is clearly illustrated, by which any novice can become an expert. Price 10 cents.

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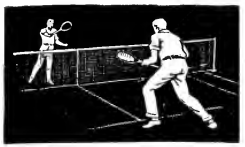
No. 154—Field Hockey

To those in need of vigorous and healthful out-of-doors exercise, this game is recommended highly. Its healthful attributes are manifold and the interest of player and spectator alike is kept active throughout the progress of the game. The game is prominent in the sports at Vassar, Smith, Wellesley, Bryn Mawr and other leading colleges. Price 10 cents.

No. 156—The Athlete's Guide

How to become an athlete. It contains full instructions for the beginner, telling how to sprint, hurdle, jump and throw weights, general hints on training; in fact, this book is one of the most complete on the subject that has ever appeared. Special chapters contain valuable advice to beginners and important A. A. U. rules and their explanations, while the pictures comprise many scenes showing champions in action. Price 10 cents.



No. 157—How to Play Lawn Tennis

A complete description of lawn tennis; a lesson for beginners and directions telling how to make the most important strokes; styles and skill of the experts; the American twist service; how to build and keep a court. Illustrated from photographs of leading players in action. Price 10 cents.

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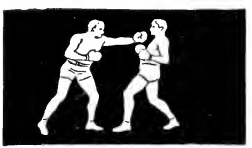
By Dr. Luther Halsey Gulick, superintendent of physical training in the New York public schools. Anyone who is looking for a concise and complete course of physical education at home would do well to procure a copy of this book. Ten minutes' work as directed is exercise anyone can follow. It already has had a large sale and has been highly commended by all who have followed its instructions. Nearly 100 pages of illustrations and 100 of text. Price 10 cents.



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For many years books have been issued on the art of boxing, but it has remained for us to arrange a book that we think is sure to fill all demands. It contains over 70 pages of illustrations showing all the latest blows, posed especially for this book under the supervision of one of the best instructors of boxing in the United States, who makes a specialty of teaching and who knows how to impart his knowledge. They are so arranged that anyone can easily become a proficient boxer. The book also contains pictures of all the well known boxers. A partial list of the 200 pages of the book include: A history of boxing; how to box; the correct position; the hands; clenching the fist; the art of gauging distance; the first principles of hitting; the elements of defence; feinting; knockout blows; the chin punch; the blow under the ear; the famous solar plexus knockout; the heart blow; famous blows and their originators: Fitzsimmons' contribution; the McCoy corkscrew; the kidney punch; the liver punch; the science of boxing; proper position of hand and arm; left hook to face; hook to the jaw; how to deliver the solar plexus; correct delivery of a right uppercut; blocking a right swing and sending a right uppercut to chin; blocking a left swing and sending a left uppercut to chin; the side step; hints on training, diet and breathing; how to train; rules for boxing. Price 10 cents.

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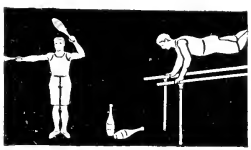

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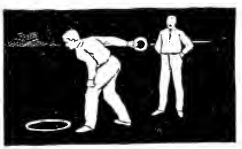

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No. 204—Official Intercollegiate A.A.A. Handbook

Contains constitution, by-laws, laws of athletics, and rules to govern the awarding of the championship cup of the Intercollegiate Athletic Association of Amateur Athletes of America, the governing body in college athletics. Contains official intercollegiate records from 1876 to 1904, with the winner's name and time in each event, list of points won by each college, and list of officers of the association from 1889 to 1904, inclusive. To anyone interested the book is invaluable as a record. Price 10 cents.

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This is the official handbook of the Public Schools Athletic League, which embraces all the public schools of Greater New York. It contains the official rules that govern all the contests of the league, and constitution, by-laws and officers. Edited by Dr. Luther Halsey Gulick, superintendent of physical education in the New York public schools, and Wm. C. J. Kelly, secretary of the league. Illustrated. Price 10 cents.

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